

The
GALLEY
GUIDE

By

Alex W. Moffat



Class TX 840

Book M7M6

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THE GALLEY GUIDE

A PURELY HUMANITARIAN WORK, PLANNED OUT OF
CONSIDERATION FOR THE DIGESTIVE APPARATUS OF
THOSE WHO CRUISE—THE THING, AFTER ALL,
UPON WHICH SUCCESS OR FAILURE LARGELY
DEPENDS.

order
By
ALEX. W. MOFFAT



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FOREWORD

Lucky is the crew which numbers among its members a man who likes to cook. There are such men, but generally the function of cooking is accepted as one of the few disagreeable duties of cruising by each member of the crew in turn, with varying success. A Galley Guide can neither create a love of cooking nor teach a man to be a good cook. It can, however, offer suggestions which may lighten the cook's responsibilities by suggesting variety and by offering directions in plain language for preparing the dishes mentioned in Part I.

Success in preparing an appetizing meal depends largely on the judgment used by the cook in determining what dishes to prepare, weather and the time available for preparation considered. A few hints which apply to cooking under any and all conditions are in order.

1. Have on hand sufficient fuel to keep the fire going throughout the cooking operations. Nothing can spoil a meal more surely than to let the fire go out under food that is half cooked and then to start it again.

2. Season all food before or during the cooking, not after it is taken off the stove.

3. Use pots and pans that are thoroughly clean of old grease. Use steel wool, cleaning powder and hot water for cleaning them, except pans which have

been used for egg. Egg hardens in hot water and dissolves easily in cold.

4. Plan the whole meal beforehand and do not start cooking until all preparations are made. Set out cans, peel the potatoes, wash the vegetables and get the meat or fish ready to put on before cooking anything.

5. Figure (if possible look up) the time that each item must cook so that the meal will be ready at one time, not in installments. It is impracticable to keep food warm on most marine stoves.

6. Pay attention to the food on the stove. Vegetables like rice and macaroni will scorch if not stirred unless they are placed in a double boiler. There is always a tendency to cook meat too long, vegetables not long enough.

7. If a recipe is being used follow it consistently; do not guess at quantities or time.

Cooking is chemistry, a science demanding exactness for success. It can be good fun if attempted the right way and the most discouraging problem in the world if tackled in a haphazard fashion. Like most procedures which involve ingredients and apparatus the greatest secret of success is system. To prepare appetizing, healthful food, cleanliness is a first principle, requiring clean hands, clean cooking water, clean pots and pans and a clean icebox. To keep an icebox or food locker clean on a small boat the contents should be removed every few days and the inside scoured with hot water in which is ammonia and cleaning powder. The top of the stove should be cleaned in the same manner, particularly a coal stove. Elbow grease is much better than stove blacking.

The recipes contained in the Galley Guide can be prepared on any of the cook stoves on the market which have ovens built in or any on which a portable oven can be set over one of the burners. In stoves which regularly burn coal or wood it is suggested that charcoal be used as a warm weather substitute when a permanent fire is not required. It comes in bags, kindles quickly and gives a hot fire which leaves little ash. Most small cruisers are equipped with two-burner or three-burner stoves using gasoline, kerosene or alcohol as fuel. The success with which these stoves are used depends on the regularity with which the burners are cleaned with the tool provided by the manufacturers for the purpose. Cleaning the stove should be as regular a performance as washing dishes.

The Galley Guide is divided into four parts. Part I, "Menus," contains lists of breakfasts, lunches and dinners, together with dishes from which other combinations may be arranged. Part II, "Recipes," consists of instructions for preparing dishes considered suitable for cooking aboard small cruisers. Part III, "Supplies," suggests methods of storing food aboard and gives a list of supplies to serve as a reminder in provisioning for a cruise. Part IV is an appendix containing general information.

Every effort has been made to word the recipes in such simple language that the beginner cannot go wrong if he follows directions faithfully. Terms familiar to professional chefs, like "dredge with flour," "fold in the butter," "baste," "place on a trivet," and other technicalities of expression in which domestic cook books abound, have been carefully translated into plain English.

Probably a great many suitable dishes have been omitted from the menus appearing in Part I. This is a guide rather than a cook book. Its purpose is to make easier the cook's job by suggesting methods for systematizing the department, storing provisions and serving a wholesome, varied diet. When a man learns to cook with confidence in his results he invariably likes to cook. In the interest of better cruising it is hoped that the Galley Guide will stimulate, particularly in the younger generation, a new point of view toward cookery on the part of the man who has in the past considered himself a galley slave.

'T WAS EVER THUS

Sing me a song of the M. L. cook,
 May the Lord have mercy upon us!
With a petrol stove in a greasy nook,
 May the Lord have mercy upon us!
Our meals a lukewarm, lingering death;
 We'll praise the Hun with our final breath
If he'll strafe our galley and slay our chef,
 May the Lord have mercy upon us!

—*Song of the Sea Slugs*—*Anonymous.*

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THE GALLEY GUIDE

PART I—MENUS

(Each Dish Is Preceded by a Number, Which Refers to the Number of the Recipe To Be Found in Part II from Which It May Be Prepared.)

BREAKFASTS

A few complete breakfast menus are submitted. To economize space, dishes suitable for breakfast are tabulated in lists from which any desired combination may be selected.

No. 1

- Canned apple sauce
- 210 Oatmeal
- 203 Scrambled eggs
- 1 Baking powder biscuits
- Jam
- 1203 Coffee

No. 2

- Bananas on Force
- 204 Boiled eggs
- 601 Bacon
- Buttered toast
- Jam
- 1203 Coffee

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No. 3

- Fresh fruit
- 1004 Wheatena
- 11 Griddle cakes and syrup
- 609 Sausages
- 5 Corn bread
- 1203 Coffee

No. 4

- Fresh fruit
- Grape-nuts
- 209 Dropped eggs on toast
- 1203 Coffee

No. 5

- Fresh fruit
- Puffed rice
- 208 Fried eggs and bacon
- 7 Muffins
- 3 Coffee

No. 6

- Fresh fruit
- 902 Fried hominy and syrup
- 207 Ham and eggs
- 1 Baking powder biscuits
- 1203 Coffee

No. 7

- Fresh fruit
- 606 Liver and bacon
- 904 Fried potatoes
- Toast
- Marmalade
- 1203 Coffee

MENUS

3

No. 8

Fresh fruit
Puffed wheat
210 Omelet
601 Bacon
Toast
1203 Coffee

No. 9

Fresh fruit
1004 Wheatena
607 Minced lamb on toast
7 Muffins
1203 Coffee

No. 10

102 Stewed prunes
901 Boiled rice and syrup
604 Chipped beef in cream
Toast
Marmalade
1203 Coffee

No. 11

Canned peaches
1002 Boiled hominy and molasses
301 Fresh fish
1 Baking powder biscuits
1203 Coffee

No. 12

Preserved figs
Force
303 Fish balls
2 Brown bread
1203 Coffee

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No. 13

- Fresh fruit
- 902 Fried hominy and syrup
- 910 Baked beans
- 5 Corn bread
- 1203 Coffee

No. 14

- Canned apple sauce
- 304 Fish pie
- Toast
- Jam
- 1203 Coffee

A FEW ROUGH WEATHER BREAKFASTS

If the weather is too bad to keep a fire you are out of luck, anyway, and had better take pot luck out of the left-overs in the icebox, if any. Otherwise canned meats are the least unpalatable of the canned goods when eaten cold; canned fruit is beneficial. If a fire can be kept the following breakfasts offer the simplest preparation:

No. 1-R

- Fruit
- Bread and butter
- 204 Boiled eggs
- 1204 Tea (in egg water)

No. 2-R

- Fruit
- Cold meat
- 910 Baked beans
- 1203 Coffee

MENUS

5

No. 3-R

- Canned peaches
- 1001 Cornmeal mush and molasses
- Crackers and jam
- 1204 Tea (water in double boiler)

No. 4-R

- Fruit
- Corned beef hash
- Coffee

BREAKFAST DISHES

FRUITS

- Apples
- 101 Apple sauce, fresh
- Apple sauce, canned
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Grapefruit
- Oranges
- Peaches
- Pears
- Cherries, canned
- 102 Prunes, stewed
- Raspberries
- Strawberries
- Watermelon
- Blueberries

CEREALS

- 1001 Cornmeal mush
- Force
- Grape-Nuts

- 1002 Hominy
- 1003 Oatmeal
- Puffed rice
- 901 Rice
- 1004 Wheatena

BREADS

- 1 Baking powder biscuits
- 2 Brown bread
- 3 Blueberry muffins
- 4 Cookies
- 5 Corn bread
- 6 Ginger bread
- 7 Muffins
- Toast
- 9 French toast

PRESERVES

- Damson jam
- Plum and apple jam
- Marmalade
- Raspberry jam
- Blackberry jam
- Strawberry jam
- Preserved figs

BEVERAGES

- 1201 Chocolate
- 1202 Cocoa
- 1203 Coffee
- 1204 Tea

MISCELLANEOUS

- 601 Bacon
- 602 Bacon and apple
- 603 Bacon and tomato

MENUS

7

- 910 Baked beans
- 604 Chipped beef in cream
- 201 Eggs and rice
- 202 Scrambled eggs and asparagus
- 203 Scrambled eggs on toast
- 204 Eggs, boiled
- 205 Eggs, creamed on toast
- 206 Eggs, fried
- 207 Eggs, fried, and ham
- 208 Eggs, fried, and bacon
- 209 Eggs, poached, on toast
- 210 Omelet, plain
- 211 Tomato omelet
- 212 Rice omelet
- 213 Potato omelet
- 214 Shirred eggs
- 301 Fish, fried
- 302 Fish, baked
- 303 Fish balls
- 304 Fish pie
- 605 Ham slice fried
- 902 Fried hominy and syrup
- 606 Liver and bacon
- 607 Minced lamb on toast
- 903 Potatoes, hashed brown
- 904 Potatoes, fried
- 905 Potatoes, baked
- 305 Pigs in blankets (oysters)
- 608 Rice and mutton scallop
- 306 Sardines fried on toast
- 609 Sausages
- 646 Sausage roll
 - 10 Buckwheat cakes and syrup
 - 11 Wheat cakes and syrup
- 307 Cods tongues and sounds fried *

* Ask Gordon Prince; he knows.

LUNCHEES AND SUPPERS

Under this heading are listed meals which are suitable either for lunch or supper. Their preparation is less elaborate than those listed under the head of "Dinners," and can be accomplished while under way. Most small cruisers are under way during the day and at anchor at night, thus making it easier for the cook to provide a light meal in the middle of the day and the principal meal after the day's run.

A few complete lunch or supper menus are submitted. To economize space dishes suitable for lunch or supper are tabulated in lists from which any desired combination may be selected:

No. 1

Canned vegetable soup
 306 Fried sardines on toast
 932 Baked macaroni
 1204 Tea

No. 2

Canned oxtail soup
 610 Chops with peas
 905 Baked potatoes
 1202 Cocoa

No. 3

Canned tomato soup
 Cold meat
 707 Potato salad
 Crackers and cheese
 1203 Coffee

MENUS

9

No. 4

- Canned pea soup
- 617 Spaghetti and chicken
- 914 Spinach
- 1 Baking powder biscuits
- 1204 Tea

No. 5

- 301 Fried fish
- 933 Tomato and rice
- 904 Fried potatoes
- 1203 Coffee

No. 6

- Canned chicken soup
- 309 Scalloped oysters
- Toast
- 1204 Tea

No. 7

- 216 Cheese eggs
- 710 Lettuce and tomato salad
- 103 Bread pudding
- 1201 Chocolate

No. 8

- Canned vegetable soup
- 215 Eggs Benedict
- Canned peaches
- Coffee

No. 9

- 909 Scalloped corn
- 605 Fried ham slice
- 906 Boiled potatoes
- 104 Indian pudding
- 1204 Tea

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No. 10

- 910 Baked beans
- 2 Boston brown bread
- 704 Fruit salad
- 1203 Coffee

No. 11

- 611 Creamed chicken on toast
- 905 Baked potatoes
- 105 Junket
- 1202 Cocoa

No. 12

- Canned tomato soup
- 613 Frankfurters and bacon
- 901 Boiled rice
- 102 Stewed prunes
- 1203 Coffee

No. 13

- 801 Clam broth
- 308 Steamed clams
- 706 Vegetable salad
- 1204 Tea

No. 14

- 614 Hamburg steak
- 917 Spaghetti and tomato
- 9 French toast and syrup
- 1203 Coffee

A FEW ROUGH WEATHER LUNCHESES
OR SUPPERS

(See note under "Rough Weather Breakfasts."
The same applies.)

No. 1-R

- 803 Corn chowder
- Cold canned willy
- Crackers and cheese
- 1203 Coffee

No. 2-R

- Canned soup
- 910 Baked beans
- 711 Tuna salad
- 1204 Tea

No. 3-R

- Canned soup
- 707 Potato salad
- Cold meat
- Canned fruit

No. 4-R

- Canned spaghetti, hot
- Canned chicken, hot
- Fresh fruit
- 1203 Coffee

LUNCH AND SUPPER DISHES

DESSERTS

- 103 Bread pudding
- Canned fruit
- Crackers and cheese
- 9 French toast
- Fresh fruit
- 902 Fried hominy and syrup
- 11 Griddle cakes
- 104 Indian pudding
- 105 Junket
- Preserved figs
- 106 Rice pudding
- 107 Pies

BEVERAGES

See Breakfast Dishes

EGGS

- 215 Benedict
- 216 Cheese eggs
- 217 Devilled
- 218 Omelet with green vegetables
- 203 Scrambled
- 608 Scrambled with sausage

FISH

- 302 Baked
- 308 Steamed clams
- 301 Fried
- 303 Fish balls
- 309 Oysters, scalloped
- 305 Pigs in blankets (oysters)

- 312 Salmon
- 306 Fried sardines
- 314 Tuna
- 318 Scallops fried with bacon

MEATS

- Cold assorted
- 610 Chops
- 611 Creamed chicken on toast
- 612 Croquettes
- 613 Frankfurters in bacon
- 605 Ham slice fried
- 614 Hamburg steak
- 615 Hash
- 606 Liver and bacon
- 609 Sausages
- 616 Steak

FRESH SOUPS AND
CHOWDERS

- 801 Clam broth
- 802 Clam chowder
- 803 Corn chowder
- 804 Fish chowder
- 805 Oyster stew
- 806 Cream corn soup
- 807 Cauliflower
- 808 Salmon bisque
- 809 Tomato soup
- 810 Soup stock

SALADS

- 701 Asparagus
- 702 Celery and apple
- 703 Cold slaw
- 704 Fruit

- 705 Lettuce
- 706 Mixed vegetable
- 707 Potato
- 708 Salmon
- 709 String bean
- 710 Tomato
- 711 Tuna

SALAD DRESSINGS

- 1101 French
- 1102 Mayonnaise (Trick stuff.
Better buy it in a jar.)

VEGETABLES

- 910 Baked beans
- 902 Fried hominy
- 909 Scalloped corn
- 932 Baked macaroni
- 919 Boiled macaroni
- 905 Baked potatoes
- 906 Boiled potatoes
- 904 Fried potatoes
- 903 Hashed brown potatoes
- 907 Lyonnaise potatoes
- 901 Rice
- 912 Baked spaghetti
- 913 Boiled spaghetti
- 914 Spinach
- 915 Sweet potatoes, boiled
- 916 Sweet potatoes, fried

MISCELLANEOUS

- 617 Baked spaghetti with chicken
- 618 Curried meat with rice
- 315 Curried fish with rice
- 643 Chicken pie

- 645 Meat pie
- 644 Stew
- 917 Spaghetti and tomato
- 933 Rice and tomato

DINNERS

No. 1

- 807 Cauliflower soup
- 632 Irish stew
- 705 Lettuce, French dressing
- Crackers and cheese
- 1203 Coffee

No. 2

- 616 Steak
- 920 Fried onions
- 903 Hashed brown potatoes
- 911 String beans
- Fruit

No. 3

- 801 Clam broth
- 620 Beef pot roast
- 932 Baked macaroni
- 922 Peas
- 105 Junket
- 1203 Coffee

No. 4

- 631 Roast ham
- 916 Fried sweets
- 922 Green peas
- 104 Indian pudding
- 1203 Coffee

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No. 5

- 806 Cream corn soup
- 605 Ham slice fried
- 905 Baked potatoes
- 9 French toast and syrup
- 1203 Coffee

No. 6

- 610 Lamb chops
- 908 Hashed creamed potatoes
- 911 String beans
- 103 Bread pudding
- 1203 Coffee

No. 7

- 808 Salmon bisque
- 624 Roast chicken
- 928 Spinach
- 903 Hashed brown potatoes
- 106 Rice pudding

No. 8

- 302 Baked fish
- 917 Spaghetti and tomato
- 902 Fried hominy and syrup
- 1203 Coffee

No. 9

- Canned soup
- 618 Curried chicken
- 907 Lyonnaise potatoes
- Crackers and cheese
- Fruit

MENUS

17

No. 10

- 804 Fish chowder
- 706 Vegetable salad
- 4 Cookies
- 1203 Coffee

No. 11

- 806 Cream corn soup
- 633 Roast lamb
- 935 Roast potatoes
- 917 Stewed celery
- Fruit

No. 12

- 619 Roast beef
- 935 Roast potatoes
- 915 Carrots
- 11 Griddle cakes and syrup
- 1203 Coffee

No. 13

- Canned vegetable soup
- 315 Boiled fish, cream sauce
- 930 Stewed tomatoes
- Preserved figs
- 1204 Tea

No. 14

- Canned chicken soup
- 615 Hash
- 932 Baked macaroni
- 918 Corn on cob
- 1202 Cocoa

A FEW ROUGH WEATHER DINNERS

(See note under "Rough Weather Breakfasts.")

No. R-1

- 621 Beef stew
- 706 Vegetable salad
- 1202 Cocoa

No. R-2

- Canned soup
- 604 Chipped beef in cream
- Canned fruit
- 1203 Coffee

No. R-3

- Cold meat
- 933 Rice and tomatoes
- 1203 Coffee

No. R-4

- 613 Frankfurters
- 906 Boiled potatoes
- Canned corn
- 1204 Tea

DINNER DISHES

- Desserts.* See Lunches
- Soups and Chowders.* See Lunches
- Salads and Dressings.* See Lunches
- Beverages.* See Breakfasts
- Breads, etc.* See Breakfasts

FISH

- 302 Bluefish, baked
- 311 Bass
- 308 Steamed clams
- 315 Boiled cod
- 302 Cod, baked
- 301 Cod, fried
- 303 Fish balls
- 317 Fish or lobster curry
- 301 Fish (any kind), fried
- 315 Haddock, boiled
- 302 Haddock, baked
- 301 Haddock, fried
- 302 Halibut, baked
- 315 Halibut, boiled
- 301 Halibut, fried
- 310 Lobsters, boiled
- 316 Oysters, fried
- 805 Oyster stew
- 302 Swordfish, baked
- 315 Swordfish, boiled
- 318 Scallops, fried

MEATS

- 601 Bacon
- 619 Beef roast
- 620 Beef pot roast
- 604 Chipped beef
- Chicken :
- 621 Boiled
- 622 Fricassee
- 623 Fried
- 624 Roast
- 610 Chops, lamb
- 625 Chops, pork
- 612 Croquettes, chicken

- 612 Croquettes, beef
- 618 Curry, chicken
- 618 Curry, beef
- 626 Duck (domestic)
- 401 Duck (wild)
- 628 Fowl
- 613 Frankfurters
- 629 Goose (domestic)
- 402 Goose (wild)
- 631 Ham roast
- 605 Ham slice fried
- 614 Hamburg
- 615 Hash
- 632 Irish stew
- 606 Liver
- Lamb :
- 633 Leg
- 634 Forequarter
- 635 Saddle
- 610 Chops
- 607 Minced on toast
- Mutton :
- 637 Leg
- 638 Saddle
- 639 Pork roast
- 625 Pork chops
- 624 Stew
- 616 Steak
- 641 Veal, leg
- 642 Veal, loin

VEGETABLES

- 934 Asparagus
- 910 Baked beans
- 911 String beans
- 942 Beets

- 943 Brussels sprouts
- 944 Cabbage
- 945 Carrots
- 946 Cauliflower
- 947 Celery
- 918 Corn (cob)
- 919 Macaroni
- 920 Onions, fried
- 932 Onions, boiled
- 921 Parsnips
- 922 Green peas
- 923 Split peas
- 915 Sweet potatoes, boiled
- 916 Sweet potatoes, fried
- White potatoes :
- 905 Baked
- 906 Boiled
- 904 Fried
- 903 Hashed brown
- 907 Lyonnaise
- 908 Hashed in cream
- 935 Roast
- 901 Rice
- 927 Spaghetti
- 928 Spinach
- 929 Squash
- 930 Tomatoes
- 931 Turnips

PART II—RECIPES

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TIME TABLE FOR COOKING

The lengths of time given apply to the usual marine stove with a good fire. The times vary in cooking with the size of the pieces; in the case of vegetables with the state of ripeness (as a general rule boil vegetables until soft). If a fireless cooker is used, follow the temperature tables for heating the stones and the time tables for leaving the food in the cooker, which are always furnished by the manufacturer of every fireless cooker. Food is prepared in the same manner.

- BOILING

Article	Time	
	Hours	Minutes
Coffee		1
Eggs, soft		3 to 5
Eggs, hard		20
Mutton leg.....	2 to 3	
Ham, 10- to 12-lb.....	4 to 5	
Fowl, 4- to 5-lb.....	2 to 3	
Chicken	1 to 1¼	
Lobster.....		25 to 35
Fish (except varieties below), 3-lb.....		25 to 30
Bluefish, 4- to 5-lb.....		40 to 45
Bass, 4- to 5-lb.....		40 to 45
Salmon, 2- to 3-lb.....		30 to 35
Potatoes, white (depending on size)		20 to 30

Article	Time	
	Hours	Minutes
Potatoes, sweet (depending on size)		15 to 25
Asparagus		20 to 30
Peas (till soft)		20 to 60
String beans	1 to 1½	
Lima beans	1 to 1¼	
Beets, new		45
Beets, old	3 to 4	
Cabbage		35 to 60
Turnips		30 to 45
Onions		45 to 60
Spinach		25 to 30
Corn (cob)		12 to 20
Cauliflower		20 to 25
Brussels sprouts		15 to 20
Tomatoes		15 to 20
Rice		20 to 25
Macaroni		20 to 30
Spaghetti		20 to 30

BROILING

As few marine stoves on small boats are equipped for broiling, this method of cooking fish and meat is omitted.

BAKING AND ROASTING

Article	Time	
	Hours	Minutes
Baking powder biscuits		12 to 15
Brown bread (steamed)	3	and 30
Blueberry muffins		20 to 25
Corn bread		20 to 30

Article	Time	
	Hours	Minutes
Cookies		12
Cake (layer).....		20 to 30
Gingerbread		20 to 30
Muffins		20 to 25
Bread pudding.....	1	
Rice pudding.....	1	
Indian pudding	3	
Scalloped dishes (ingredients cooked)		12 to 15
Baked beans.....	6 to 8	
Roast beef, 5 lb., rare.....	1	
Roast beef, 5 lb., well done.	1	and 20
Roast beef, 10 lb., rare	1	and 30
Roast beef, 10 lb., well done.	1	and 50
Mutton saddle.....	1	and 30
Roast lamb, leg	1 $\frac{1}{4}$ to 1 $\frac{3}{4}$	
Roast lamb, forequarter....	1 to 1 $\frac{1}{4}$	
Veal, leg roast	3 $\frac{1}{2}$ to 4	
Veal, loin roast.....	2 to 3	
Roast pork.....	3 to 3 $\frac{1}{2}$	
Chicken roast.....	1 to 1 $\frac{1}{2}$	
Turkey roast.....	2 $\frac{1}{2}$ to 3	
Duck (domestic)	1 to 1 $\frac{1}{4}$	
Duck (wild)		20 to 30
Goose (domestic)	2	
Goose (wild)	1	
Fish, 3 to 4 lb.....		45 to 60
Fish, small		20 to 30
Bacon		5

FRYING

No time table is necessary for frying because the results are constantly visible. The pan should be very hot before meat, fish or potatoes are placed in

it. Particularly in the case of steaks and chops the hot pan serves to sear the outside of the meat so that the juices are retained. Meat started in a cool pan will always be dry when served. A small piece of pork or two slices of bacon will furnish enough grease in the pan for most frying. Too much grease prevents food from browning in the pan. No mention is made of frying in deep fat, because this is impracticable on small boats.

RECIPES

(Plenty for 4 men, enough for 6)

Some of the recipes offered herewith are elementary. Novices who pride themselves at least on their ability to boil coffee and fry bacon may be glad to know that coffee is better for being brought to a boil in cold water, and that bacon is better for being cooked in the oven instead of in a frying pan. Elementary dishes are only included in order to offer methods which will insure the most appetizing results with the equipment at hand.

BREADS, BISCUITS, CAKE, ETC.

1—Baking Powder Biscuits.

- 2 cups flour
- 4 teaspoons (filled level) Royal
Baking Powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons (scraped level)
butter
- $\frac{3}{4}$ cup milk or half milk and half
water

Mix thoroughly baking powder, flour and salt; add butter, rubbing it in with finger tips in mixing bowl; add liquid slowly, mixing with fingers to consistency of dough. Sprinkle some flour on a board to prevent

dough from sticking and roll or pat the dough to about an inch in thickness, then cut to size of biscuits. Warm the baking or biscuit pan and wipe the inside with butter to prevent dough from sticking. Place biscuits in pan and bake in hot oven 15 to 20 minutes.

2—Boston Brown Bread.

- 1 cup (level) whole wheat or graham flour
- 1 cup (level) corn meal
- 1 cup (level) ground rolled oats (oatmeal)
- 5 teaspoons (level) Royal Baking Powder
- 1 teaspoon (level) salt
- $\frac{3}{4}$ cup molasses
- $1\frac{1}{3}$ cups milk

Mix thoroughly the dry ingredients; add the molasses to the milk and add liquid to dry ingredients; beat thoroughly and place in greased molds. Do not fill molds over two-thirds full. Use empty baking powder or coffee tins with covers for molds. Steam for $3\frac{1}{2}$ hours; remove covers and bake in oven until top is dry. To steam place molds on a wire support placed on the bottom of a kettle containing boiling water, allowing the water to come half way up around the molds. Kettle should be closely covered and boiling water added as necessary to maintain level.

3—Blueberry Muffins.

- 2 cups (level) flour
- 3 teaspoons (level) Royal Baking Powder

Blueberry Muffins—Continued

- 1 teaspoon (level) salt
- 1 tablespoon (level) sugar
- $\frac{3}{4}$ cup (level) milk
- 2 eggs
- 1 tablespoon (level) butter or lard
- 1 cup (level) berries

Mix thoroughly flour, baking powder, salt and sugar; add milk slowly, then the eggs previously well beaten, then the butter melted. Mix well and add the berries dusted with flour. Grease muffin tins and drop one spoonful into each partition. Bake 25 to 30 minutes in moderate oven.

4—Cookies.

- $\frac{3}{4}$ cup butter
- 2 cups (level) sugar
- $\frac{1}{4}$ cup milk
- 2 eggs
- $\frac{1}{4}$ teaspoon grated nutmeg
- 1 teaspoon vanilla or grated rind of 1 lemon
- 4 cups (level) flour
- 3 teaspoons (level) Royal Baking Powder

Beat the butter with a spoon in a mixing bowl until it becomes creamy in consistency, then add the sugar slowly, beating well; beat the eggs in separate bowl, add milk to them and beat again; add milk and eggs to butter and sugar gradually, stirring well; add vanilla (or lemon); mix thoroughly 2 cups of flour with baking powder and nutmeg and add; mix the whole, adding enough of the remaining 2 cups of flour to make a consistency that will roll out thin

with a rolling pin on a floured board. Cut to desired shapes, sprinkle with sugar, bake in greased pans in hot oven for 12 minutes.

5—Corn Bread.

- 1 cup (level) corn meal
- 1 cup (level) flour
- 4 teaspoons (level) Royal Baking Powder
- 3 tablespoons (level) sugar
- 1 teaspoon (level) salt
- 1½ cups milk
- 2 tablespoons (level) melted butter
- 1 egg

Thoroughly mix corn meal, flour, baking powder, sugar and salt; add milk, butter and beaten egg in the order named; beat well and pour into greased shallow pan. Bake in hot oven for about 25 minutes.

6—Gingerbread.

- ¼ cup butter
- 1 cup (level) dark molasses
- ½ cup boiling water
- 2 cups (level) flour
- 1 teaspoon (level) soda
- ½ teaspoon salt
- 1½ teaspoons (level) ginger
- ½ teaspoon cinnamon

Mix butter, molasses and water; add all other ingredients mixed together and beat well. Pour into greased pans and bake in a moderate oven for 25 minutes.

7—Muffins.

- 2 cups (level) flour
- 3 teaspoons (level) Royal Baking Powder
- 1 tablespoon (level) sugar
- $\frac{1}{2}$ teaspoon salt
- 1 cup (level) milk
- 2 eggs
- 1 tablespoon (level) butter

Mix flour, baking powder, sugar and salt; add milk, well-beaten eggs and the butter melted; mix well. Half fill greased muffin pans and bake in hot oven 20 to 25 minutes.

8—Cake.

(May be used with sauce for Cottage Pudding.)

- $\frac{1}{4}$ cup butter
- 1 cup (level) sugar
- 1 egg
- 1 teaspoon (level) vanilla extract
- 1 cup (level) milk
- 2 cups (level) flour
- 3 teaspoons (level) Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt

Beat the butter with a spoon in a mixing bowl until it becomes creamy in consistency, then add the sugar slowly, beating well; add well beaten egg and vanilla; mix thoroughly the flour, baking powder and salt and add to first mixture a little at a time, alternately with milk, while beating. Bake in greased pans 20 to 30 minutes in moderate oven.

9—French Toast.

- I egg
- $\frac{1}{4}$ teaspoon salt
- I tablespoon (level) sugar
- $\frac{3}{4}$ cup milk (or coffee)

Mix the above ingredients together in a flat dish; soak slices of bread about half an inch thick in the mixture and fry the bread on both sides in a greased hot frying pan. Serve with maple syrup while hot. The above quantities of ingredients will be sufficient to soak 4 slices. Multiply for as many slices as desired.

10—Buckwheat Cakes.

(Prepared buckwheat flour may be obtained with directions on the package for making cakes by adding water and cooking.) Otherwise:

- 2 cups (level) buckwheat flour
- I cup (level) flour
- 6 teaspoons (level) Royal Baking Powder
- $1\frac{1}{2}$ teaspoons salt
- $2\frac{1}{2}$ cups milk (or $\frac{1}{2}$ milk and $\frac{1}{2}$ water)
- I tablespoon (level) molasses
- I tablespoon (level) melted butter

Mix together flours, baking powder and salt; add molasses and butter to the milk; add second mixture to first and beat well. Heat frying pan or preferably griddle very hot and grease slightly. Pour batter on hot surface to the size of cake desired and brown. Turn only once.

11—Wheat Cakes.

- 2 cups (level) flour
- $\frac{1}{2}$ teaspoon salt
- 5 teaspoons (level) Royal Baking Powder
- $1\frac{1}{2}$ cups milk
- 2 tablespoons melted butter

Mix together flour, baking powder and salt; add milk and melted butter; beat well and proceed as in recipe No. 10.

12—Bread (without yeast).

- 4 cups (level) flour
- 1 teaspoon (level) salt
- 1 tablespoon (level) sugar
- 7 teaspoons (level) Royal Baking Powder
- 1 medium size, cold boiled potato
- milk (evaporated milk mixed with water, or plain water)

Mix thoroughly together flour, salt, sugar, and baking powder; rub in potato through a strainer; add sufficient milk or water to mix smoothly into a stiff batter. Place at once in a greased bread pan, smooth the top with a knife dipped in melted butter and stand in a warm place for 30 minutes. Bake in moderate oven for about 1 hour. When done take from pan, moisten top of loaf with a few drops of cold water and allow to cool before putting away.

13—Sally's Graham Bread.

- 1½ cups molasses
- 1 teaspoon (level) soda
- 1 teaspoon (level) salt
- 1 pint sour milk (or buttermilk)
- ½ cup bran
- 1 quart graham flour
- 1 pint white flour

Dissolve the soda in the molasses; then mix all ingredients together and stir well; place in greased bread pan and bake 1 hour in slow oven. (To prevent oven getting too hot the door may be kept ajar.)

DESSERTS

101—Apple Sauce.

Wipe, cut in quarters, core and pare eight apples, preferably sour ones. Make a syrup by boiling for seven minutes in a saucepan one cup of sugar and one cup of water in which is a shaving of lemon rind. Then remove lemon, add enough apples to cover bottom of saucepan, watch carefully during cooking and remove apples as soon as they are soft, repeating until all apples are cooked. When all are cooked pour the syrup remaining in the saucepan over them. Apple sauce may be used as a dessert or as a vegetable served with pork, duck or goose. A good dessert may be had by pouring apple sauce over the cake described in Recipe No. 8.

102—Stewed Prunes.

Wash as many prunes as desired. Put in saucepan, cover with cold water and soak for two hours; then cook until soft in the same water. When nearly soft add sugar or molasses to sweeten to taste. If desired to improve the flavor add the juice of one lemon.

103—Bread Pudding.

- 2 cups (level) stale bread crumbs
- 1 quart scalded milk (brought almost to a boil and removed)
- $\frac{1}{3}$ cup sugar
- $\frac{1}{4}$ cup melted butter
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla or $\frac{1}{4}$ teaspoon cinnamon, nutmeg or other spice

Soak bread crumbs in the milk and set aside until cool, then add the sugar, butter, eggs slightly beaten, salt and flavoring in the order named. Place in buttered baking dish (Pyrex glass or regular heat resisting earthenware) and bake 1 hour in slow oven. Serve with Vanilla Sauce (Recipe No. 1108).

104—Indian Pudding.

- 2 cups (level) boiling water
- 1 teaspoon (level) salt
- 5 tablespoons (level) corn meal
- 3 cups (level) hot milk
- $\frac{1}{4}$ cup molasses
- $\frac{1}{2}$ teaspoon ginger

Add salt to boiling water and sift in the corn meal slowly; boil for ten minutes, stirring often. All the milk, molasses and ginger mixed together; pour into a greased baking dish and bake very slowly for three hours. Serve with cream, Vanilla Sauce (Recipe No. 1108) or Hard Sauce (Recipe No. 1107).

Mock Indian Pudding.

$\frac{1}{2}$ small loaf bakers' whole
wheat or graham bread
 $3\frac{1}{2}$ cups milk
 $\frac{1}{2}$ cup molasses
butter

Remove crusts from bread and cut into about five slices of uniform thickness. Spread generously with butter, lay in baking dish and pour over three cups of the milk and the molasses mixed together. Bake 2 to 3 hours in very slow oven, stirring every twenty minutes during first hour and then adding the remaining half cup of milk.

105—Junket.

Comes in the form of tablets with complete directions on the container. An easy, quick dessert.

106—Rice Pudding.

$\frac{1}{2}$ cup rice
2 cups (level) milk
2 cups (level) boiling water
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
1 teaspoon nutmeg, grated
1 cup (level) chopped raisins

Wash the rice, mix all ingredients together and pour into greased baking dish. Bake slowly for three hours, stirring occasionally during first hour to prevent rice and raisins from settling.

107—Pies.

To make the pastry for any variety of pie proceed as follows:

3 cups pastry flour
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{4}$ cups butter
1 tablespoon lemon juice
ice water

Thoroughly mix flour, sugar and salt; add the butter and rub in with finger tips or chop with a knife in each hand until mixture is like a fine meal in consistency; add lemon juice and enough water (about two-thirds of a cup) to form a stiff paste. Roll out on a floured board with a rolling pin in a thin sheet and fold in four layers. Repeat this rolling and folding three times. Place on ice until chilled. When ready to bake roll the paste to $\frac{1}{4}$ in. thick and line a tin pie plate with it. Trim the edges with a knife and press them firmly. Roll out paste for top crust $\frac{1}{2}$ in. larger than diameter of plate and cut a few small gashes in it. Fill the lined plate with the pie mixture to be used, place the paste for top crust on top, turning the edge under the lower crust. Bake for about 40 minutes in an oven which is very hot for the first 15 minutes; the heat should be reduced for the remainder of the time. The amounts given make two pies.

Pie Fillings.**Sliced Apples (each pie).**

- 3½ cups pared and sliced apples
- ½ cup sugar
- ⅛ teaspoon salt
- ⅓ teaspoon nutmeg or cinnamon

Place apples in lower crust plate; mix sugar, salt and seasoning and cover apples. Put top crust paste in place and bake as directed above.

Blueberry.

- 2½ cups blueberries
- ⅔ cup sugar
- 2½ tablespoons flour
- 1 teaspoon butter

Proceed as with apple filling, adding the flour and sugar mixed and dotting the butter over the top before top crust paste is put in place.

Cherry.

Follow recipe for Blueberry Pie, using stoned cherries in place of blueberries and using ¼ cup more sugar.

Prune.

Same as Cherry Pie, using stoned prunes cut in quarters, ½ cup sugar, 1 tablespoon flour and the grated rind of one orange (no butter).

108—Baked Apples.

Wipe, core and pare as many apples as required. Put in a baking dish and fill cavities in apples with

sugar and a little cinnamon. Use about $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoonful cinnamon to 8 apples. Cover bottom of baking dish with boiling water and bake in a hot oven until apples are soft. Spoon the syrup in the baking dish over the apples frequently while cooking.

109—Baked Bananas.

Remove skins from six bananas and cut in halves, lengthwise. Put in a shallow pan. Mix 2 tablespoons melted butter, $\frac{1}{3}$ cup sugar and 2 tablespoons lemon juice. Pour half the mixture over the bananas and bake 20 minutes in a slow oven, spooning the remaining half of the mixture over the bananas during the baking.

EGGS

201—Eggs and Rice.

Fill buttered baking dish half full of boiled rice well salted and peppered. With a large spoon make as many depressions in the rice as the number of eggs to be served. Break an egg into each depression, sprinkle with salt and strew with bits of butter. Bake until the eggs are set (poached).

202—Scrambled with Asparagus.

Boil asparagus in salted water until soft, using just the tips, either canned or fresh. Put the asparagus on slices of hot buttered toast, strew top of asparagus with bits of butter and serve scrambled eggs around the asparagus on platter. (See Recipe No. 203 for best way to scramble eggs.)

203—Scrambled on Toast.

Break the number of eggs to be scrambled into a mixing bowl. To each 4 eggs add $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper and stir well with a spoon. Pour into frying pan which is well warmed but not too hot. Cook on slow fire until eggs reach the consistency preferred, adding salt to taste before they are completely cooked, and continually scraping the eggs from the bottom of the pan as they become solid to prevent them from scorching. Serve on slices of hot buttered toast.

204—Boiled (two methods).

1. Have water boiling vigorously; place eggs gently in the water with a spoon to prevent cracking. Leave in for three minutes for soft boiled and twenty minutes for hard boiled. Serve immediately, as the eggs will continue to get harder as they cool.

2. Place eggs in cold water, allowing it to heat gradually until the boiling point is reached, then remove. Eggs will be soft boiled the equivalent of 3 minutes by the first method.

205—Creamed on Toast.

4 eggs
 $\frac{2}{3}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 cups hot milk
1 teaspoon butter
4 slices buttered toast

Beat eggs slightly, add salt and pepper and stir them into the hot milk; cook over hot water in a double boiler, stirring constantly until mixture is

thick and creamy. Add the butter and serve on buttered toast.

206—Fried Eggs.

Place one tablespoonful of lard, Crisco, butter or piece of pork or bacon fat of equivalent size in hot frying pan. When melted break eggs carefully into pan, add a pinch of salt and pepper to each egg while cooking and spoon the liquid over the eggs continually while cooking. Remove when whites are firm. If many eggs are cooked add butter or fat to the pan as necessary to enable it to be spooned over the eggs.

207—Ham and Eggs.

Place thick slices of cold boiled ham in dry hot frying pan, turning occasionally to prevent sticking until thoroughly heated. Fry eggs as in Recipe No. 206, using the ham fat instead of butter or other fat and serve the eggs on the ham.

208—Bacon and Eggs.

Cook bacon as directed in Recipe No. 601. Use fat remaining in baking pan to fry eggs as directed in Recipe No. 206. Serve together.

209—Poached (Dropped) Eggs.

Place two or three muffin rings, which have been greased in a frying pan two-thirds full of boiling water in which is $\frac{1}{2}$ tablespoon of salt to 1 quart of water. Break each egg separately in a saucer and carefully slide it into a muffin ring. The water should cover the eggs. Remove egg and ring together with a greased lifter when there is a film over the

yoke and the white is firm. Replace ring in water for another egg. It is possible to poach eggs without the muffin rings, but they spread so much that it is difficult to pick them up when done. Serve poached eggs on hot buttered toast. Add pepper and salt to taste.

210—Plain Omelet.

For each 3 eggs: 3 tablespoons milk or water, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. Beat the eggs with a fork, add liquid salt and pepper and mix well. Melt 1 teaspoon fat or butter in hot frying pan or omelet pan for each 3 eggs; pour in the mixed eggs and while cooking lift the edges of the omelet to allow thin portions to run underneath, shaking the pan until eggs are set to prevent sticking. When brown underneath fold the omelet over with a lifter and serve. If a hinged omelet pan is used to fold, after the pan is folded knock top and bottom of the pan sharply to free the omelet before dumping on platter.

211—Tomato Omelet.

Heat in a saucepan 1 can of tomatoes, stirring to prevent scorching; add salt and pepper to taste. Pour tomatoes over lower half of omelet before folding. (See Recipe No. 210 for omelet.)

212—Rice Omelet.

To 1 cup cold boiled rice add 1 cup milk, 3 well-beaten eggs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and 1 teaspoon butter. Mix well and cook till brown in a well-greased frying pan or omelet pan.

213—Potato Omelet.

Fry several slices of bacon brown; take them out, leaving the fat in the frying pan. Chop fine 2 cups cold boiled potatoes and cook till brown in the bacon fat. Serve with the bacon, placing fried eggs or poached eggs on top if desired.

214—Shirred (Baked) Eggs.

Butter the inside of as many cups as there are eggs to be cooked, or the inside of partitioned baking tin. Break one egg into each cup or partition, place dab of butter and pinch of salt and pepper on each. Bake in hot oven until whites are set. If cups are used place them on a tin plate to facilitate handling.

215—Eggs Benedict.

Cut slices of ham to size of toast, fry the ham (Recipe No. 605) and place on pieces of hot buttered toast cut thick. Place dropped egg (Recipe No. 209) on each piece of ham. Make Hollandaise Sauce (Recipe No. 1114) and dilute with cream or milk just enough to pour. Smother the eggs in the sauce and serve.

216—Cheese Eggs.

- 4 eggs
- ½ cup cream or undiluted evaporated milk
- 1 tablespoon grated cheese
- salt, pepper and cayenne

Put butter in a hot frying pan; when melted add cream. Break the eggs in a saucer and slip them

into the pan one at a time, sprinkling with salt, pepper and cayenne to taste. When whites are nearly firm sprinkle with cheese. Cook till firm and place on buttered toast over which has been poured the liquid remaining in the pan.

217—Devilled Eggs.

Remove shells from 6 hard boiled eggs and cut in halves. Remove yolks and mash them in a mixing bowl, adding 1 teaspoon prepared mustard, $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon sugar. Mix well and form into balls, putting one into each half of the white of the egg. Serve on slices of fried hominy (Recipe No. 902) or on hot buttered toast with Cream Sauce (Recipe No. 1103).

218—Omelet with Green Vegetables.

Heat with a little butter in a saucepan left over quantities of green vegetables mixed together. If none is on hand use a can of any kind of green vegetable preferred and proceed as in Recipe No. 211.

FISH

301—Fried Fish (two methods).

Clean and skin the fish to be fried. (Smelts, trout and other thin skinned fish without scales need not be skinned). Fish not over 8 in. long may be cooked whole. Larger fish should be cut across in slices an inch thick or filleted. To fillet, after skinning the fish split it down the back and remove the meat in natural pieces from the bones. When fish is prepared for cooking melt $\frac{1}{4}$ lb. butter or salt pork in

hot frying pan. Then (1) beat 1 egg slightly; wash each piece of fish, wipe with melted butter, season with salt and pepper, roll in flour, dip in egg, roll in stale bread crumbs or cracker crumbs and fry 5 to 7 min. Or (2) wash each piece of fish, season with salt and pepper, dip in corn meal and fry 7 min. or until brown. In both methods time includes frying both sides of fish.

302—Baked Fish.

Clean the fish, remove head and tail, cut across in slices 1 in. thick, wash and dry each piece, season well with salt and pepper, put in baking pan and pour around them $\frac{1}{2}$ cup water and 1 tablespoon melted butter or bacon fat for each four pieces. Bake 25 min., frequently spooning the liquid over the fish (called basting). When cooked remove skin and bones and pour over fish Cream Sauce (Recipe No. 1103) or Egg Sauce (Recipe No. 1110).

303—Fish Balls.

- 1 package shredded codfish (or
2 cups fresh fish meat left
over or previously cooked)
- 2 cups hot mashed potatoes
(boiled potatoes mashed)
- $\frac{1}{8}$ teaspoon pepper
- 1 egg well beaten
- 2 tablespoons milk
- $\frac{1}{4}$ lb. salt pork

If shredded codfish is used, soak it in lukewarm water 15 min., drain and squeeze in a cloth to remove excess salt. To the fish add potato, pepper, egg,

milk and salt (if fresh fish is used) ; beat well with a spoon, shape into size fish balls required and roll in flour ; cut pork in thin slices, cook in frying pan until crisp, remove to platter and cook the fish balls in the fat in the pan until brown. If salt pork is not available use butter, bacon fat or lard and add more salt if necessary.

304—Fish Pie.

Remove bones and skin from cold cooked fish, pick it fine and season with salt and pepper. Butter a baking dish, cover bottom with hot mashed potato, then put in fish and bits of butter, then a top layer of potato. Bake in a hot oven 10 min.

305—Pigs in Blankets.

Wash and wipe as many large oysters as required. Cut the same number of thin slices of bacon, roll one around each oyster and pin with a toothpick. Put in a saucepan and cook until bacon is crisp.

306—Fried Sardines on Toast.

Drain the fish free from oil. Fry them quickly in a tablespoon of melted butter in a hot frying pan. Sprinkle with paprika and lemon juice and serve on hot buttered toast.

307—Cods Tongues and Sounds Fried.

If you do not already know, get any fisherman to show you how to remove the "sounds" after the cod is cleaned ; cut sounds to same size as tongues and fry in pork scraps until brown.

308—Steam Clams.

Wash fresh clams, using a scrubbing brush on the shells if necessary until all mud is removed. Put in large kettle with $\frac{1}{2}$ cup boiling water to 4 qts. clams. Cover the kettle and place on the stove until shells partially open. Do not leave them in longer. Serve in shells with individual saucers of melted butter for dipping purposes. Participants who get melted butter and clam juice above the elbow or back of the ears should be disqualified. Save the water in which the clams are steamed. It is perfect clam broth if the mud was properly washed off the clams in the first place.

309—Scalloped Oysters (or Clams).

- 1 pint oysters or clams (shelled)
- 4 tablespoons oysters or clam liquor (the juice)
- 2 tablespoons milk or undiluted evaporated milk
- $\frac{1}{2}$ cup stale bread crumbs
- 1 cup cracker crumbs
- $\frac{1}{2}$ cup melted butter, salt and pepper

Mix bread and cracker crumbs, stir in butter. Put a thin layer of this mixture in the bottom of a shallow baking dish which has been well buttered and cover with oysters sprinkled with salt and pepper; add half the liquor and half the milk. Lay another layer of crumbs and another of oysters, adding remainder of liquor and milk. Cover the top with remaining crumbs. Bake 30 min. in hot oven.

(Note: Never allow more than two layers of oysters or clams. If three layers are used the middle one will be underdone.)

310—Boiled Lobsters.

Bring a large kettle or pail of water to a boil. When boiling put in the lobsters alive and cover. Boil until they turn a bright red, 20 to 30 min. Pour off water and set out to cool. To remove meat when cool enough to handle, break off large claws at the body and break body in two where the tail section joins the back, bending the lobster backwards. Keep legs, tail and the loose greenish gurry that falls out when the lobster is broken open; discard the rest. There is not enough meat in the rest of the beast to bother with. The gurry above referred to is known as Tom Alley. Crack the claws and legs with a hammer and pick apart to remove the meat. Break off the tip of the tail and push the meat in this section through with finger from aft forward. In the center of this piece of meat is a small black strip of intestine which should be carefully removed, pulling the two halves of the piece apart to get at it. When the meat is heaped on a platter, mix the Tom Alley with 1 cup of melted butter and pour over. Then snap to it!

311—Bass.

Cut dressed fish into pieces the size of a match box, sprinkle with salt and pepper, place in shallow pan, cover with buttered paper and bake 12 min. in hot oven.

312—Salmon.

Fresh salmon may be fried (Recipe No. 301), baked (Recipe No. 302), or boiled (Recipe No. 315). Canned salmon is best heated in a saucepan with a tablespoon of butter and poured over hot boiled rice.

314—Tuna.

Same as salmon (Recipe No. 312).

315—Boiled Fish.

Small fish may be boiled whole; large fish should be cut in large chunks for boiling and preferably each piece should be tied in a piece of cheesecloth to prevent scum being deposited on the fish. Place fish in boiling water to which has been added a teaspoon of salt and a teaspoon of lemon juice to each quart. The salt gives flavor and the lemon keeps the meat white. Time required for boiling depends on the size of the pieces. The fish is cooked when the flesh separates from the bone and not before, no matter how long the time. Serve boiled fish with Egg Sauce (Recipe No. 1110).

316—Fried Oysters (or Clams).

Shell and drain the oysters, season with salt and pepper, roll in corn meal and drop into enough boiling lard or other fat in a pan to float them. Remove when brown and place on a piece of paper to absorb surface grease. Serve with Tartar Sauce (Recipe No. 1112).

317—Fish or Lobster Curry.

- I tablespoon butter
- I tablespoon finely chopped
onion
- I tablespoon flour
- I teaspoon curry powder
- $\frac{3}{4}$ pint milk

Put butter and onion in saucepan and cook together slowly until onion changes color. Add flour and curry powder, mixing well; add milk and stir well. When smooth allow to simmer for 10 min. over very low flame, or set on side of coal stove to simmer. Then add 1 lb. lobster meat (boiled) or cooked fish meat free from bones and skin, or canned fish, and cook 15 min. longer. Serve on hot boiled rice.

318—Fried Scallops.

Same as fried oysters (Recipe No. 316), except that scallops should be dried with a dish towel after washing and dipped in a mixture of 1 egg beaten and bread crumbs instead of in corn meal before frying.

GAME

401—Wild Duck.

Pluck bird, then singe by holding for a moment over flame, remove pin feathers and scrub entire surface with hot soapy water. Cut off wings at first joint, head at neck, and feet at first joint. With sharp knife make a longitudinal incision from throat

to where knife fetches up against breast bone, and another incision from under side of tail forward for about 3 in. Remove inside contents and wash bird inside and out in cold water and wipe dry.

Make a stuffing as follows: Cover pieces of dry bread with boiling water; as soon as bread has absorbed the water press out the water and season with salt, pepper, 2 tablespoons melted butter and 1 onion finely chopped; mix well.

Place stuffing in bird sufficient to fill cavity and then with sail twine and needle sew up the two incisions made for cleaning, or if skewers are available pin incisions together. Then with twine tie leg bones together across back of bird so that ends of bones are 1 in. apart. Wind twine around bird to hold legs and wings close to body. This is called trussing.

Place bird on a wire rack in a pan, sprinkle with salt and pepper and cover breast of bird with thin slices of fat salt pork or bacon. Bake about 20 min. in a very hot oven, spooning the fat in the pan over the bird thoroughly every 5 min. Remove strings and skewers and serve with apple sauce.

402—Wild Goose.

Prepare and truss goose same as wild duck (Recipe No. 401). Place on wire rack in pan and place strips of fat salt pork or bacon over breast. Bake 1 hr. in hot oven, spooning the fat in the pan over the bird every 15 min. After 30 min. remove salt pork or bacon. Remove string and skewers and serve with apple sauce.

An alternate stuffing for goose is as follows:

- 2 cups hot mashed potato
- 1 $\frac{1}{4}$ cups stale bread crumbs softened with boiling water
- $\frac{1}{4}$ cup finely chopped fat salt pork
- 1 finely chopped onion
- $\frac{1}{3}$ cup butter
- 1 egg
- 1 $\frac{1}{2}$ teaspoons salt
- 1 teaspoon sage

In a mixing bowl add to potato bread crumbs, butter, egg, salt and sage, mixing well; then add pork and onion; mix again and place in bird.

MEATS

601—Bacon.

Place baking pan in oven. When hot place in it thin strips of bacon. When bacon begins to curl turn over. Do not leave bacon in more than 5 min. for both sides. As bacon continues to cook after it is taken off, take it out of the pan while the fat is still transparent. If same pan is used for more than one lot, pour off the grease from the first lot before putting in the second. Place bacon on a piece of clean paper to absorb surplus grease until ready to serve.

602—Bacon and Apple.

Core and peel the apples and cut into $\frac{1}{2}$ -in. slices. Cut the same amount of bacon into very thin slices. Place the bacon in hot frying pan until crisp; remove bacon to hot dish and fry the apples in the bacon fat

in the pan until a light brown. Serve mixed with the bacon.

603—Bacon and Tomato.

Prepare bacon as in Recipe No. 601. Cut raw tomatoes in thick slices, using firm tomatoes that are not quite ripe. Sprinkle each slice with salt and pepper, dip in flour and cook until brown in frying pan in which is 1 tablespoon hot butter.

604—Chipped Beef in Cream.

Soak contents of can of chipped beef in cold water for 30 min. and drain. Make Cream Sauce by Recipe No. 1103 in large enough saucepan to add the chipped beef. Stir well and serve.

605—Ham Slice Fried.

Cut thick slices of cold boiled ham. Lay in hot frying pan and cook in its own fat each slice until it begins to brown, turning to brown both sides the same.

606—Liver and Bacon.

Cover liver with boiling water (slices $\frac{1}{2}$ in. thick) and let stand 5 min. to draw out the blood; drain, wipe dry and cut into pieces of the size desired for serving. Remove the thin outside skin, sprinkle well each piece with salt and pepper, dip in flour and fry until brown in bacon fat taken from the pan in which the bacon has previously been cooked by Recipe No. 601. Serve with the bacon. If brown gravy is desired, after the liver is removed from the pan add to the hot fat 2 tablespoons flour stirred in

half cup hot water; stir well in frying pan, making the consistency as thick as desired by adding flour, or thinning by adding hot water.

607—Minced Lamb on Toast.

(This recipe assumes that cooked lamb is left over as well as some cold gravy which was made when the lamb was cooked.)

- 2 finely chopped onions
- 4 tablespoons (level) butter
- 2 tablespoons (level) flour
- 1 cup (level) boiling water
- 1 cup (level) cold gravy
- 2 lb. cold chopped lamb

Fry the onions in the butter in a large frying pan for 5 min., add the flour and mix well. Mix the gravy separately with the boiling water and add to pan, stirring until mixture comes to a boil, then add the lamb and cook for 15 min., stirring occasionally. Serve on toast.

608—Rice and Mutton (or Lamb) Scallop.

- 2 cups cooked cold lamb or mutton cut into small dice
- 2 cups boiled rice
- 2 tablespoons butter
- 2 slightly beaten eggs, salt and pepper

Melt butter in large saucepan, add meat and rice, season with salt and pepper to taste. When mixture is hot stir in the eggs and when mixture is very hot, serve.

609—Sausages (except Frankfurters).

Prick the skins of the sausages many times with a fork to allow the steam to escape while cooking. Place on a hot, dry frying pan over a slow fire for 15 min. Serve on fried apples (Recipe No. 602), using the sausage fat to brown the apples. For preparing Frankfurters see Recipe No. 613.

610—Lamb Chops.

Rub in a pinch of salt and pepper on each side of each chop. Melt 1 teaspoon of butter in frying pan and when very hot place chops in the pan. Cook on hot fire until outside of each side is slightly browned, about 7 min. A slice of bacon on each chop will add to the flavor. If bacon fat is on hand an alternate method is to dip each chop in flour after seasoning and fry in 2 tablespoons very hot melted bacon fat.

611—Creamed Chicken on Toast.

Make Cream Sauce (Recipe No. 1103) and add to it the meat from left over cooked chicken or the contents of a can of boned chicken, cut in small pieces. Stir well, add salt and pepper to taste and serve when very hot.

612—Chicken Croquettes.

- 2 cups finely chopped cold cooked chicken
- 1 cup stale bread crumbs (also some for coating)
- 2 well beaten eggs (also 1 slightly beaten for dipping), pepper and salt
- 4 tablespoons lard or other clean cooking fat

Mix chicken, crumbs and egg and add pepper and salt to taste. Form into conical shapes known to the trade as croquettes. Dip each in the egg for dipping purposes and roll in bread crumbs to coat thoroughly. Fry until brown in smoking hot melted lard in a pot. There should be enough lard melted completely to cover the croquettes, and the temperature of the lard before the croquettes are put in should be hot enough "to turn golden brown a 1-in. cube of bread from the soft part of the loaf in 40 sec. from the time it is dropped in."

613—Frankfurters in Bacon.

Prick the number of frankfurters desired with a fork in several places; wrap each in a long, thin strip of bacon pinned at each end with a toothpick. The bacon should cover most of the surface of the frankfurter. Place in dry hot baking dish in hot oven until frankfurters are soft throughout. Stick them with a fork to find out. Bacon scraps should be removed or may be served with the frankfurters.

614—Hamburg Steak.

Mix chopped raw beef with salt, pepper and a few drops of onion juice to taste. Shape the meat into individual cakes about 1 in. thick. Handle as little as possible in order not to compress the meat. If it is pressed compactly the meat will be tough when cooked. Fry cakes in a very hot frying pan which has been buttered. Cook until examination with a fork shows that each cake is brown for a quarter of an inch through, and the center is red, turning over when half done.

615—Hash.

Mix chopped, cooked, cold meat (roast beef, roast lamb or canned corned beef) with an equal quantity of cold, chopped boiled potatoes. Season with salt and pepper, put in a hot buttered frying pan and moisten with milk; stir until well mixed and cook slowly until brown underneath. Turn out bottom side up into platter and serve.

616—Steak.

Wipe meat with a cloth wrung out in cold water and trim off superfluous fat; pound the steak on both sides with the handle of a heavy knife or a clean weight of any sort to loosen up the fibre. Sprinkle both sides with salt and pepper and rub in with finger tips. Heat frying pan very hot and place in it 1 teaspoonful of butter and a few drops of onion juice. Place the steak in the pan and cook on very hot fire, browning each side for a quarter of an inch through and leaving the center rare. Examine inside with a fork while cooking in order not to get it too well done and dry. Placing the meat in the hot pan sears the surface, retaining the juices in the meat. Steak continues to cook inside after it is taken off. Most amateurs leave it in the pan too long.

617—Baked Spaghetti and Chicken.

Cook $\frac{3}{4}$ cup macaroni broken in inch pieces, or spaghetti broken in pieces in 2 qts. boiling water to which has been added 1 tablespoon (level) salt. Boil 20 min., or until soft; drain through strainer; pour over it while in strainer cold water to prevent

pieces from sticking together. Make a tomato sauce (Recipe No. 1111) and mix with the spaghetti or macaroni, adding the contents of a can of boned chicken, or cold cooked chicken cut in small pieces. Place mixture in a buttered baking dish, sprinkle with grated cheese and cover surface with bread crumbs which have been mixed with melted butter. Bake in oven until crumbs are brown.

618—Curried Meat with Rice.

Cut 1 lb. cold cooked meat, mutton, lamb, beef or chicken, in small chunks. Boil 1 cup (Recipe No. 901). Melt 1 tablespoon butter without browning; add 1 tablespoon flour and stir until smooth; add 1 cup milk and stir continually until it thickens; add 1 teaspoon curry powder, $\frac{1}{2}$ cup of the boiled rice and the meat; stir thoroughly. Place remainder of rice on the platter and pour over it the mixture when mixture has been heated through.

619—Roast Beef (Rib).

Wipe the beef with a wet cloth, place rib side down in a large roasting pan and dust all over with salt and pepper. Then sprinkle roast all over with plenty of flour, letting the surplus flour fall into the pan. Place in a very hot oven, every 10 min. spooning the melted fat and flour over the roast. Allow approximately 17 min. for each pound of meat to cook. After the first 15 min. the heat should be reduced, and the roast layed in turn on each side to brown. To make brown pan gravy remove fat from the pan to leave about 4 tablespoons after roast is done. Leave oven door open and reduce heat, or

place pan on front of top of stove (if a coal stove); add 4 tablespoons flour to the fat in the pan and stir until well browned; add gradually $1\frac{1}{2}$ cups boiling water, cook 5 min., stirring, season with salt and pepper to taste and pour through strainer before serving. Roast potatoes should be served with Roast Beef, as they are cooked at the same time (Recipe No. 935).

620—Pot Roast of Beef.

A pot roast is usually made from a solid piece of the shoulder, without bone, weighing 4 to 5 lb. Wipe the piece, season with salt and pepper, dust it thoroughly with flour and brown it quickly in a very hot frying pan in which is 1 tablespoon Crisco or butter. When brown place in a pot with as many small onions, cut up carrots and turnips as desired, and fill kettle with enough cold water to cover the meat. Then cover the pot closely and cook over a slow fire for 4 hr. When cooked place meat on a platter with the vegetables around it. Pour the fat off the gravy remaining in the kettle and thicken with flour which has been mixed to the consistency of paste with cold water, allowing $\frac{1}{4}$ cup flour to each 2 cups of gravy in the pot after the surface fat is poured off. Pour over the meat and vegetables when thoroughly stirred and hot.

621—Boiled Chicken or Fowl.

Note: *Instructions for Cleaning and Dressing Poultry.*

Remove hairs and down from the plucked bird by holding it over a flame until all parts have been

singed. Cut off the head and cut through the skin around the leg $1\frac{1}{2}$ in. below the leg joint, being careful not to cut the tendons. Place the leg over the edge of a board and snap the leg bone at the point where the skin has been cut. Then hold the bird firmly and pull off the foot. The tendons will come out of the leg with the foot. Make an incision below the breast bone large enough to admit the hand and remove entrails, with which will come gizzard, heart and liver. Care must be taken not to rupture the gall bladder, which lies under the surface of the right lobe of the liver, because it contains bile which imparts a bitter flavor to the meat with which it comes in contact. The lungs (spongy, red substance) are located within the ribs on each side of the backbone. They must be completely removed, as must the kidneys from a hollow near the end of the backbone. Work two fingers under the skin close to the neck and locate the windpipe, which must be withdrawn; also the crop, which is a receptacle adhering to the skin at the base of the windpipe, close to the breast. Draw down the neck skin and cut off the neck close to the body, leaving enough skin to fasten under the back. Wash the bird by allowing cold water to run through it. Wipe the outside with a wet cloth and dry the bird inside and outside, making a final examination to see that everything has been withdrawn. If the bird is to be stuffed, put the stuffing inside in sufficient quantity to fill out the skin and sew up the incision with a needle and sail cotton. Draw the legs and wings close to the body and pass a few turns of the cotton around the body to hold them in place, tying the skin of the neck under the back.

To Boil.

Do not stuff a fowl that is to be boiled. Sprinkle well with salt and pepper, rub in with fingers and place in a kettle. Cover the fowl with boiling water, place a couple of onions in the kettle, cover the kettle closely and boil until examination with a fork shows that the meat is tender and is separating from the bone. This will usually take 2 hr. or more. Add a little salt to the water during the last hour of cooking.

622—Chicken Fricassee.

Clean and dress a fowl (Recipe No. 621). Cut it up as follows: Cut through the skin between the leg and the body close to the body, bend back the leg, cut through the flesh and separate each leg from the body at the body joint. In the same manner separate the drumstick from the second joint. Dis-joint the wings from the body, cut off the tips and separate each wing at the middle joint. Separate the breast from the back by cutting through the skin 2 in. below the breastbone and moving the knife horizontally through the terminus of the small ribs on either side. Remove the wishbone with its adjoining meat. Wipe all pieces thoroughly.

Put pieces in a kettle, cover with boiling water and cook slowly until tender (1½ to 2 hr.). Remove from water, sprinkle with salt and pepper, sprinkle thoroughly with flour and fry until brown in a hot frying pan in which is 1 tablespoon melted butter or bacon fat. When done place pieces on a platter on dry toast and pour over them a sauce made as follows:

Boil the water in which the chicken has been boiled

over a hot fire until the amount is reduced to approximately 2 cups. Skim off the fat on the surface. Melt 3 tablespoons butter in a frying pan, add 4 tablespoons flour, cook until brown, add the 2 cups of chicken water (called stock), mix well and season to taste with salt and pepper.

623—Fried Chicken.

Young chicken instead of fowl is used. It is prepared the same way for cooking as in Recipe No. 622. The pieces are not boiled, however, but sprinkled with salt and pepper, rolled in flour and fried in butter while raw. When brown on both sides the frying pan is placed in the oven for 15 min. to allow the chicken to cook through. The oven should be hot and the frying pan placed on the upper shelf.

624—Roast Chicken.

Prepare a chicken for cooking as in Recipe No. 621, filling the bird with stuffing made as follows:

- I cup cracker crumbs
- $\frac{1}{3}$ cup melted butter
- $\frac{1}{3}$ cup boiling water
- I tablespoon Poultry Seasoning
(comes in a can)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Mix seasoning, salt and pepper with the cracker crumbs. Melt the butter in the water and pour over the crumbs, etc., mixing well.

Rub surface of bird well with salt and pepper.

Sprinkle enough flour in the bottom of a roasting pan to cover it evenly and place the chicken in it. Place in a hot oven. Melt $\frac{1}{4}$ cup butter in $\frac{2}{3}$ cup boiling water. As soon as the flour in the pan is brown spoon this liquid over the bird. After this is used up spoon the fat in the pan over the bird every 10 min., adding to it if necessary 1 cup of boiling water to prevent the flour from burning. During the cooking turn the bird frequently in order to brown it evenly. After the first 15 min. of cooking reduce the heat of the oven. Cook until the breast meat is tender. A 4-lb. chicken will take about $1\frac{1}{2}$ hr. to roast.

To make *Brown Gravy* pour off the liquid from the pan in which the chicken has been roasted. Skim off 4 tablespoons fat. Return the fat to the pan; add 4 tablespoons flour, and cook till brown, adding slowly $1\frac{1}{2}$ cups boiling water while stirring. Season with salt and pepper to taste and pour through a strainer before serving. The gravy can be thickened by adding more flour and thinned by adding more boiling water as desired.

625—Pork Chops.

Wipe chops, sprinkle with salt and pepper, place in a hot frying pan and cook slowly until tender and well browned on each side.

626—Roast Duck (Domestic).

Prepare, stuff and cook as described in Recipe No. 401 except as to time. Domestic duck requires twice the time to cook required by wild duck. Spoon the fat over the bird every 15 min., roasting it from 50 min. to 1 hr.

627—Fowl.

Always boil a fowl, using Recipes No. 621 or No. 622.

629—Roast Goose (Domestic).

Prepare, stuff and cook as described in Recipe No. 402, except as to time. Domestic goose requires twice the time to cook required by wild goose. Spoon the fat over the bird every 15 min., roasting it approximately 2 hr.

631—Ham Roast.

Soak the ham over night in enough cold fresh water to cover it. Wipe and trim off the hard skin where the leg bone protrudes. Place ham in a kettle with enough cold water to cover it and place on a hot fire until the water boils; then reduce the heat and cook until the meat is tender which will be indicated by the meat beginning to separate from the bone. This will take from 4 to 5 hrs. depending on the size of the ham. Then take the kettle off the stove and allow to cool sufficiently to handle the ham. Remove ham from water, peel off all the outside skin and sprinkle with sugar and cracker crumbs. Place in a dry roasting pan and bake 1 hr. in a moderate heat. Better flavor is obtained if cloves are available; they should be stuck into the fat of the ham at 1 in. intervals after it is skinned, before roasting. If the ham is not soaked for several hours it will be too salty, therefore never neglect this preliminary.

632—Irish Stew.

- 2 lb. lamb (uncooked), fore-
quarter preferable
- 2 qts. boiling water
- 2 teaspoons salt
- $\frac{1}{8}$ teaspoon pepper
- 2 onions
- 2 carrots
- 2 turnips (small)
- 6 potatoes
- 4 tablespoons flour

Cut meat in small pieces and trim off most of fat; cover with boiling water and let simmer slowly for 1 hr. Then add salt and pepper and the onions, carrots and turnips cut in small pieces. Cook 1 hr. more. Then peel and slice potatoes, add to stew and cook 20 min. more. Dilute flour with enough cold water to make a paste and stir it into the stew to thicken the gravy. Simmering is allowing liquid to come to a boil so that it bubbles around the edges but does not boil vigorously.

633—Leg of Lamb Roast.

If leg of lamb is received from the market wrapped in a white membrane like an outer tissue, remove it. Wipe the meat, sprinkle well with salt and pepper and place in roasting pan. Sprinkle all over with flour, allowing surplus flour to fall in pan. Place in hot oven. As soon as the flour in the pan is brown spoon the liquid in the pan over the meat. If not enough fat has melted from the meat to form a liquid with the flour add enough boiling water to the pan so that it can be spooned. This must be

done every 15 min. until the meat is done which will take about $1\frac{3}{4}$ hr. To make brown gravy remove fat from pan to leave about 4 tablespoons after roast has been taken out. Leave oven door open or place pan over low flame; add 4 tablespoons flour to the fat and stir until well browned; add $1\frac{1}{2}$ cups boiling water, cook 5 min., stirring, season with salt and pepper to taste and pour through strainer before serving. Roast potatoes should be served with roast lamb as they are cooked at the same time. (Recipe No. 935.)

634—Forequarter of Lamb.

The meat of the forequarter is tougher than the hind quarter and therefore to make it equally tender when served, should be boiled for $\frac{1}{2}$ hr. Do not season until after it is boiled. Then prepare for roasting and roast as directed for Leg of Lamb Roast (hind quarter) in Recipe No. 633.

635—Saddle of Lamb (or Mutton).

This cut should be purchased dressed for cooking at the market. Wipe the meat, season, sprinkle with flour and roast all as directed in Recipe No. 633. It will require $1\frac{1}{4}$ hr. in a hot oven to be tender. Carve in slices parallel to the backbone.

637—Leg of Mutton.

Wipe meat, cover with boiling water in a kettle and allow to boil vigorously for 5 min. Skim the fat off the surface of the water and set over slow fire so that the water will simmer during remainder

of cooking. Cook for 2 or 3 hrs. or until meat begins to separate from bone, adding 1 tablespoon salt after 1 hr. of cooking.

638—Saddle of Mutton.

See Recipe No. 635.

639—Pork Roast.

The cheapest and best cut of pork for roasting is a shoulder weighing about 6 lbs. from which the bone has been removed at the market. If this cut is used the space occupied by the bone should be stuffed with a stuffing made as follows: Cover pieces of dry bread with boiling water; as soon as the bread has absorbed the water press out the water and season with salt, pepper, 2 tablespoons melted butter and 1 onion finely chopped; mix well. The other cuts for roasting are the loin and hind leg (called fresh ham). These do not require stuffing.

Wipe the meat, sprinkle with salt and pepper, place in roasting pan and sprinkle well with flour, allowing surplus flour to fall into pan. Roast in a moderate oven for $2\frac{3}{4}$ hrs., spooning the liquid in the pan over the meat every 15 min. The oven must not be too hot because pork to be tender must cook slowly. Serve with Apple Sauce (Recipe No. 101) or a gravy made as follows: Remove roast from pan and all but 2 tablespoons of the fat; add 3 tablespoons flour and $1\frac{1}{2}$ boiling water; stir well and add $\frac{1}{3}$ teaspoon salt, 1 teaspoon dry mustard, 1 teaspoon vinegar and 1 teaspoon Brand's AI Sauce or Worcester-shire Sauce mixed together and stir till smooth.

641—Veal Leg.

Bone should be removed from leg at market. Wind a piece of cotton twine around the leg to hold it together while cooking. Wipe, sprinkle with salt and pepper. Place in pan and sprinkle well with flour allowing surplus flour to fall into pan. A good flavor is given the meat by placing strips of fat salt pork on it. Roast for 3 or 4 hrs. in moderate oven. Melt $\frac{1}{3}$ cup of butter in $\frac{1}{2}$ cup boiling water and spoon this over the meat every 15 min. until used up, then spoon the fat in the pan over it every 15 min. Make a brown gravy as directed for Leg of Lamb Roast (Recipe No. 633).

642—Veal Loin.

Cook as directed for Veal Leg (Recipe No. 641).

643—Chicken Pie.

Make pastry as directed in Recipe No. 107. Dress, clean and cut up 2 fowls or chickens as directed in Recipes Nos. 621 and 622. Put cut up pieces in large saucepan, cover with boiling water, add $\frac{1}{2}$ onion and cook slowly until tender. This will require about $1\frac{1}{4}$ hrs. After the first 45 min. add $\frac{1}{2}$ tablespoon salt and $\frac{1}{8}$ teaspoon pepper. Remove chicken when tender and pour the liquid in the pot through a strainer into a smaller saucepan. Skim the fat off the top and boil vigorously until the quantity is reduced to about 4 cups. Thicken this with $\frac{1}{2}$ cup flour diluted with enough cold water to pour.

Place a cup or a tumbler bottom up in the center of a baking dish to support the center of the crust of

the pie. Place the pieces of chicken around it after the bones have been removed. Pour the gravy over the chicken. Cover with pie crust. Wet the edge of the pie crust and press it with a fork all the way round on the edge of the baking dish. Make several cuts in the top of the crust to allow steam to escape. Bake in a moderate oven until crust has risen and is brown. When cut for serving lift up the edge of the cup or glass with the point of a fork. The gravy will be found trapped under it.

644—Beef Stew.

Cut 2 lb. beef (usually shoulder) in pieces for serving, cover with 2 qt. boiling water and let simmer for 2 hr. Then add the following vegetables cut up fine: 1 onion, 1 carrot, 1 turnip, 3 potatoes, 1 cup canned tomatoes. Also add $2\frac{1}{2}$ teaspoons salt and $\frac{1}{8}$ teaspoon pepper. Cook 45 min. longer. Then make a paste of $\frac{1}{3}$ cup of flour and some cold water and add to stew to thicken the gravy, stirring well. Beef stew should be served with dumplings.

Dumplings.

1 cup flour
 2 teaspoons Royal Baking
 Powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup milk (or water)

Mix thoroughly together the flour, salt and baking powder; add the milk or water, stirring to make a soft dough. Drop by spoonfuls upon the boiling

stew 12 min. before the stew is due to be finished. After the dumplings are added the pot must be kept closely covered.

645—Meat Pie.

Cut up left-over cold cooked meat of any kind into 1 in. cubes. Cover with boiling water and cook slowly with $\frac{1}{2}$ an onion for 1 hr. Remove the onion. Mix $\frac{1}{3}$ cup flour with cold water to form a paste and stir this in with the meat to make a gravy. Add 6 potatoes, cut up, which have been parboiled 8 min. in boiling water in which has been put 1 teaspoon salt. Add to meat, gravy and potatoes, salt and pepper to taste. Put in a buttered baking dish and cover with Baking Powder Biscuit dough (Recipe No. 1) or Pie Crust dough (Recipe No. 107). Make several incisions in the crust to allow the gases to escape and bake in a hot oven until crust is brown. In placing the pastry cover over the pie do not forget to press the edges tight to the edge of the baking dish with the back of a fork.

646—Sausage Roll.

Make Baking Powder Biscuit dough as directed in Recipe No. 1. Roll it out and cut in circles 3 in. in diameter. Lay sausage meat on half of each piece and fold the other half over it, pressing the edges together. Bake in buttered baking pan 30 min. If any brown gravy is left over in the ice box, heat it to pour over the rolls.

SALADS

There is nothing difficult about preparing salads except the dressings. The two kinds of dressing usually used are French (Recipe No. 1101) and Mayonnaise (Recipe No. 1102). Salads need not have been included in this work except that a list of a few different kinds may encourage variety of diet. In cruising there is a tendency not to eat enough green vegetables, and it is suggested that salads, besides being easy to prepare, will offer a healthy balance to an otherwise heavy diet.

All salads should have a base of lettuce. To prepare it for use the soiled outside leaves should be removed and thrown away. The head should then be picked apart into separate leaves and the leaves washed in a basin of water to get rid of particles of soil and fertilizer. The leaves should then be dried individually by patting between two folds of a dry dish towel. This will leave them crisp and appetizing. They should then be placed on plates for serving or, if the salad is preferred well mixed with the dressing, in a large bowl, to which is added the salad filling and the dressing.

In submitting a list of salads it will be understood that all the fillings described are to be served on lettuce.

701—Asparagus.

Canned asparagus or fresh asparagus which has been boiled until soft and then chilled may be used. Serve only the soft part of the heads. French dressing or Mayonnaise.

702—Celery and Apple.

Raw celery which has been carefully washed, and raw apples pared and quartered, chopped up fine and mixed. French dressing.

703—Cold Slaw.

A small, heavy head of cabbage, outside leaves removed, cut in quarters and the quarters sliced thinly (across) with a sharp knife. Cold slaw should be mixed well with French dressing and a little Mayonnaise and need not be served on lettuce.

704—Fruit.

Any kind of fruit which is not too soft; pineapple, banana, orange, apple, pear or any combination as desired cut up in small pieces. Serve with French dressing, never Mayonnaise.

705—Lettuce.

Plain lettuce is sometimes served with French dressing; it is best cut up as Cold Slaw (Recipe No. 703).

706—Mixed Vegetable.

A good way to serve left-over bits of cooked peas, beans and carrots, or any combination of green vegetables. Serve only with French dressing.

707—Potato.

Cold boiled potatoes cut up small and mixed with Mayonnaise before being placed on the lettuce.

708—Salmon.

Cold canned salmon mixed with Mayonnaise before being placed on the lettuce.

709—String Bean.

Cold canned string beans, or left-over cooked green string beans cut up small and served with French dressing.

710—Tomato.

Dip each tomato in boiling water. This loosens the thin outer skin, which may then be easily peeled off. Slice the tomatoes, place slices on lettuce and Mayonnaise on top. Or, tomatoes, sliced, and lettuce may be placed in a bowl and thoroughly cut up and mixed with a knife and fork, then stirred as French dressing is added.

711—Tuna.

Cold canned tuna mixed with Mayonnaise before being placed on lettuce.

712—Chicken.

Cold cut-up chicken which has been cooked, or the contents of a can of boned chicken, well mixed with Mayonnaise and served with or without lettuce.

SOUPS AND CHOWDERS

801—Clam Broth.

The liquid from fresh steamed clams (see Recipe No. 308). The clams should be thoroughly washed

before they are steamed in order that the broth may be clean.

802—Clam Chowder.

- $\frac{1}{2}$ cup half-inch cubes of salt
pork
- 1 onion sliced
- 2 cups boiling water
- 4 cups potatoes cut in half-inch
cubes
- 1 qt. clams (without shells)
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{8}$ teaspoon pepper
- 3 cups hot milk
- $\frac{1}{4}$ cup dried bread crumbs

Cook the salt pork and onion in a frying pan slowly for 10 min. and add boiling water. If the salt pork and onion is desired in the chowder pour the whole works into a kettle, otherwise pour the liquid only into the kettle through a strainer. Add the potatoes to the kettle and cook for 20 min. While this is going on separate the hard part of each clam from the soft part and chop the hard parts fine. Add all parts of the clams to the kettle and cook for 10 min. longer. Then add the salt and pepper, the crumbs, adding the hot milk last. Serve the chowder on pilot crackers, or break up pilot crackers in the chowder just before serving.

803—Corn Chowder.

- 1 can corn
- 4 cups potatoes cut in half-inch
cubes
- $\frac{1}{3}$ cup half-inch cubes salt pork

Corn Chowder—continued

- 1 sliced onion
- 4 cups hot milk
- 3 tablespoons butter
- 3 pilot crackers, large
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Cook the salt pork and onion in a frying pan slowly for 10 min. Put the potatoes in enough boiling water to cover and boil for 5 min. Pour the contents of the frying pan into a kettle and add the potatoes and 2 cups boiling water. Cook until potatoes are soft, then add corn and milk and heat to boiling point. Add salt, pepper, butter and crackers broken up. Serve.

804—Fish Chowder.

- 3 lb. fish (any kind) without skin or bones
- $\frac{1}{2}$ cup half-inch cubes salt pork
- 1 sliced onion
- 4 cups potatoes cut in half-inch cubes
- 2 cups hot milk
- 1 qt. cold water
- 1 tablespoon butter
- 3 tablespoons flour
- 3 pilot crackers, large
- 2 teaspoons salt
- $\frac{1}{8}$ teaspoon pepper

Cook the salt pork and onion in a kettle slowly for 10 min. Add the fish and enough cold water to cover and cook for 20 min., then add potatoes, salt and pepper and cook 20 min. longer. Mix butter and flour and stir in the milk slowly, then add mix-

ture to chowder and stir. Dip the crackers in cold water and add to chowder, then cover for 5 min., take off the fire and serve.

805—Oyster Stew.

Cook 1 qt. of oysters in their own liquid until the soft part is plump and the edges begin to curl, skimming off the gurry which rises to the surface of the liquid. Heat 1 qt. of milk to the boiling point, but do not boil, and add to it $1\frac{1}{2}$ teaspoons salt and $\frac{1}{4}$ teaspoon paprika and 2 tablespoons butter. Mix with oysters and serve.

806—Cream Corn Soup. (For Cream Pea Soup, see Recipe 923.)

Mash up 1 can of corn and place in kettle with $\frac{1}{2}$ onion chopped fine and 2 cups boiling water. After cooking slowly 20 min. pour through a strainer, forcing through the meshes all the corn possible with a potato masher. Add 2 cups hot milk, 1 teaspoon salt and $\frac{1}{4}$ teaspoon paprika. Add 1 tablespoon butter, 2 tablespoons flour mixed together with just enough hot milk to pour. Heat again and serve.

807—Cauliflower Soup.

Cook 1 cauliflower as directed in Recipe No. 946. Use 3 cups of the water in which the cauliflower has been boiled to which add $\frac{1}{2}$ teaspoon onion juice, 1 cup hot milk, stir and then thicken with 1 tablespoon butter and 2 tablespoons flour mixed together. Add $\frac{1}{8}$ teaspoon pepper and taste before adding salt. Probably no salt will be needed.

808—Salmon Bisque.

Pick the contents of 1 can salmon into small flakes and place in saucepan with 1 slice of onion and 2 cups water. Bring to a boil and allow water to simmer for 15 min., then remove onion. Heat 2 cups of milk almost to boiling point and thicken milk with 1 tablespoon butter and 2 tablespoons flour mixed together, adding 1 teaspoon salt and $\frac{1}{8}$ teaspoon pepper when well stirred. Mix with salmon and serve.

809—Tomato Soup.

Put 1 slice of onion in 1 qt. milk and heat almost to boiling point. Remove onion and thicken milk with 4 tablespoons flour diluted in enough cold water to pour. Cook 20 min., stirring to make smooth and to prevent scorching. Cook separately $\frac{1}{2}$ can (quart size) tomatoes with 2 teaspoons sugar for 15 min., then add $\frac{1}{4}$ teaspoon soda, stir well and force tomatoes through a strainer with a potato masher into the thickened milk; add $\frac{1}{3}$ cup butter, 1 teaspoon salt and $\frac{1}{8}$ teaspoon pepper, stir well and serve.

810—Soup Stock.

Soup made from "stock" which consists of left-over bits of meat, gravy and vegetables, chop bones, chicken bones, in fact almost anything, is the most economical and nutritious soup that can be served. Unfortunately, however, on account of the length of time the stock must cook it is not practical to prepare on small vessels unless equipped with a coal stove in which a permanent fire is kept. Provisions

must be made to lash the stock pot to the stove rail on a part of the stove which is not very hot so that the stock will simmer for hours.

Allow 1 pt. of water to each pound of solids in the pot. Put in all meat trimmings and bones, cooked or uncooked, left-over vegetables of any kind, left-over breakfast cereals and if available use water in which vegetables have been boiled. For flavoring add one or two bouillon cubes and a little Worcestershire. A small amount of gelatine may be added.

When the stock is to be used set the pot in a cool place and let the fat harden on the surface until it can be lifted off. Save it for cooking fat. There will be some fat remaining which can be removed by dipping a piece of ice in a cloth into the stock. The fat will adhere to the cloth. After the fat is removed strain the contents of the pot, using the liquid for soup and throwing away the rest. Heat the liquid again, seasoning with salt and pepper to taste.

811—Quick Soup.

To each $\frac{1}{2}$ lb. meat (raw, any kind) to be used add 3 pt. cold water and $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. Bring to a boil slowly and then add cut-up potatoes, cut-up tomatoes, onions, carrots or other vegetables in quantity as desired. Keep boiling until vegetables are soft and strain before serving unless solids are desired in the soup.

812—Lobster Chowder.

Boil 3 live lobsters as directed in Recipe No. 310 and remove the meat. Chop the meat fine. Place

1 qt. milk in double boiler and bring almost to a boil. Melt $\frac{1}{2}$ cup salt pork cut in $\frac{1}{2}$ -in. cubes in a frying pan with $\frac{1}{2}$ a sliced onion. Strain the fat into the milk, stirring well, add the lobster and 1 teaspoon (level) salt and $\frac{1}{8}$ teaspoon pepper. Stir continually while adding 1 tablespoon butter, then serve with pilot crackers.

VEGETABLES

901—Rice.

Soak the rice in cold water for 1 hr. and drain. For each cup of rice (when it was dry) use 2 qts. of water. Boil this water with 1 tablespoon salt and when boiling add the rice to it slowly enough so that the water will not stop boiling. Boil for 30 min. or until the rice is soft, then pour into strainer. While rice is in strainer pour some hot water over it, then put the rice back in the saucepan, covered, to dry until ready to serve. Rice should be cooked in a double boiler.

902—Fried Hominy or Fried Corn Meal Mush.

Boil the hominy or c. m. mush as directed in Recipes No. 1001 or 1002. Butter the inside of an empty tin (baking powder can is the right thing if available), and fill it with the stuff while hot. Allow to cool, slide it out and cut in slices. Fry the slices in a tablespoon of melted butter in a hot frying pan until brown on both sides, turning when half done.

903—Hashed Brown Potatoes.

Melt enough fat salt pork to make $\frac{1}{2}$ cup liquid fat. Mix this with 2 cups chopped boiled potatoes,

$\frac{1}{8}$ teaspoon pepper and $\frac{1}{2}$ teaspoon salt. Place in hot greased frying pan and cook until brown on the bottom, fold over and serve.

904—Fried Potatoes.

Potatoes for frying should be previously boiled unless they are to be fried in deep fat, which is seldom practical on a small boat, besides being a smelly proceeding. Slice cold boiled potatoes, season with salt and pepper and fry until brown in a frying pan in which there are 4 tablespoons melted fat. To make French fried potatoes melt enough lard in a kettle to make the fat 2 or 3 in. deep and drop into it when boiling vigorously a few raw potatoes at a time, which have been sliced lengthwise in eighths, removing when brown.

905—Baked Potatoes.

The easiest and most digestible way in which potatoes can be cooked. Scrub the potatoes clean and place them in a hot oven until soft. This will take about 40 min. Figure the time so they can be served as soon as cooked, otherwise they will get soggy.

906—Boiled Potatoes.

Select potatoes of equal size, wash, pare and place them in cold water until ready to cook. Boil enough water to cover the quantity of potatoes to be cooked, adding to it 1 tablespoon salt for each 7 potatoes; put the potatoes in the boiling water and boil till soft. This will take 20 min., unless potatoes are very large. Stick them with a fork to determine when soft all the way through.

907—Lyonnaise Potatoes.

Chop fine 1 slice of onion for each 2 potatoes to be cooked. Fry the onions in 2 tablespoons bacon fat or other cooking fat for 10 min. with $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper for each 2 slices onion. Then add sliced boiled potatoes to the frying pan and cook 10 min. longer, stirring to prevent browning. If more than 4 potatoes are to be cooked more fat will have to be used.

908—Potatoes Hashed in Cream.

Boil 2 cups cut up raw potatoes in water in which is 1 tablespoon (level) salt, until soft. If flavor is desired put 1 slice onion in the water with the potatoes and remove when potatoes are done. Make White Sauce (Recipe No. 1113) and mix 1 cup with the potatoes after draining them. May be served sprinkled with parsley.

909—Scalloped Corn.

Beat 1 egg in 1 cup milk, add contents of 1 can corn, 1 teaspoon salt and $\frac{1}{8}$ teaspoon pepper and stir thoroughly. Pour into buttered baking dish, distribute 1 tablespoon butter over the top and bake in hot oven until brown on top.

910—Baked Beans.

Soak 1 qt. pea beans over night in cold water, drain and cover with new water in a saucepan. Bring to a boil and then simmer slowly until beans are tender. Pour them into earthenware bean pot, add 1 tablespoon salt, 1 teaspoon dry mustard, 1 pinch of soda, $\frac{1}{3}$ cup molasses and $\frac{1}{2}$ lb. salt pork cut in small

cubes, mix and fill up pot with boiling water. Cover and bake slowly in oven for 7 hrs., remove cover and bake 1 hr. more, replenishing pot with boiling water as needed to keep beans covered.

Most people will prefer to buy canned baked beans and heat them in a saucepan.

911—String Beans.

Cut ends off each bean and with sharp knife cut lengthwise down both sides of each bean to remove strings. Cut each bean across into several short lengths and wash. Place in boiling water to cover and add $\frac{1}{2}$ teaspoon of soda to keep beans green. Boil from 1 to 3 hrs., depending on age of beans, or until soft, adding 1 teaspoon salt to each 2 cups beans when half cooked. Drain, mix with 1 tablespoon butter and additional salt to taste and serve.

912—Baked Spaghetti (with Cheese).

Break spaghetti in short lengths, enough to fill 2 cups, boil it with 1 onion in enough water to cover, replenishing water as necessary until spaghetti is soft and tender. Water should have 1 teaspoon salt in it for each cup spaghetti. Drain, remove onion; add $\frac{1}{3}$ cup cheese cut up small and $\frac{1}{4}$ teaspoon dry mustard to 1 cup White Sauce (Recipe No. 1113), stir well and mix with spaghetti. Place in buttered baking dish, cover with dry bread crumbs which have been mixed with melted butter and bake in oven until crumbs are brown.

913—Boiled Spaghetti.

Boil a saucepan full of water in which is 1 tablespoon salt. Grasp a bunch of spaghetti, unbroken,

in the hand and pass it slowly into the water. As it enters the water it will soften, permitting it to be coiled down in the pan. Cook until soft and tender, drain, mix with butter, add salt to taste and serve. In eating, Marquis of Queensberry rules prevail and inhaling is disqualified.

914—Spinach.

Remove roots and wilted leaves, wash out all sand and place in a saucepan in enough cold water to cover; allow to heat gradually until boiling, then boil 25 min. Allow 2 qts. water to each peck of spinach and 1 teaspoon salt to each quart water. When boiled, drain, chop the leaves up fine, heat again with plenty of butter and salt and pepper to taste. Usually served with chopped hard boiled eggs. If it is desired to keep the spinach bright green put $\frac{1}{3}$ teaspoon soda in the water in which it is boiled.

915—Sweet Potatoes, Boiled.

Wash potatoes, cover with cold water and boil 15 to 25 min., depending on size, or until soft. Put no salt in the water and peel potatoes only after they are cooked.

916—Sweet Potatoes, Fried.

Cut cold sweet potatoes which have been boiled into thick slices, lengthwise, and place in the bottom of a well buttered roasting pan. Spread the top of each piece with melted butter and sprinkle well with sugar. Brown sugar gives the best taste. Bake in a hot oven until the tops are glazed with melted sugar.

917—Spaghetti and Tomato.

Boil spaghetti as directed in Recipe No. 913; after draining add 1 can tomato soup and $\frac{1}{4}$ cup grated cheese, mix well, heat again to boiling point, add 1 tablespoon butter, salt and pepper to taste and serve.

918—Corn on Cob.

Remove husks and silk threads, cover with boiling water and boil 10 to 20 min., or until kernels are soft. If participants in eating are fussy about their ears the kernels should be cut off the cobs with a sharp knife, heated again with butter and seasoned to taste with salt and paprika.

919—Boiled Macaroni.

See Recipe No. 913. Macaroni can be Flemished down in the pot more prettily than spaghetti, otherwise the same.

920—Fried Onions.

Peel the onions, separate the segments into rings and fry until brown in a hot frying pan in which is $1\frac{1}{2}$ tablespoons butter to each 4 onions. It will be necessary to shake the pan occasionally or stir the onions with a fork to prevent them burning. Sprinkle with salt just before taking them off the fire.

921—Parsnips.

Wash and scrape parsnips and cut up in small pieces. Boil in salted water for 5 min. or until soft, drain and mix with melted butter. Nothing to write home about.

922—Green Peas.

Remove pods and soak the peas in cold water for 30 min. before cooking. Cover with boiling water in which is $\frac{1}{3}$ teaspoon soda and boil until soft. This will take from 20 to 60 min., depending on the age of the peas. Add 1 teaspoon salt to each pint of peas when they start to soften. Drain, mix with 1 tablespoon butter, add salt and pepper to taste and serve.

923—Split Peas.

Hardly fit to serve as a vegetable. They may be boiled in salted water until soft and made into a soup by forcing through a strainer and proceeding as directed in Recipe No. 806 for Cream Corn Soup.

929—Squash.

Wash squash and cut in 2 in. chunks. Boil for 20 min., or until soft in salted water. Place a clean cloth or dish towel over a strainer and pour the squash into it. Twist up the cloth to squeeze as much water as possible out of the squash, then mash the squash with a potato masher, stir it up with 1 tablespoon butter, season with salt and pepper to taste and serve.

930—Tomatoes.

Dip each tomato in boiling water to loosen skin and peel; cut up and cook in a frying pan with a little water for 20 min. slowly, stirring occasionally to prevent scorching. A slice of onion or a kernel of garlic placed in the pan while stewing and then removed will improve flavor. When cooked add butter, salt and pepper to taste. To fry tomatoes slice

them after peeling, dip in flour, season with salt and pepper and fry until brown in a frying pan with a little melted butter.

931—Turnips.

Prepare same as parsnips, Recipe No. 921.

932—Baked Macaroni.

Prepare as directed for baked spaghetti, Recipe No. 912.

933—Rice and Tomato.

To 2 cups boiled rice (Recipe No. 901) measured before cooking add 1 can tomatoes or 1 can tomato soup, mix well, season with butter, salt and pepper to taste, heat again and serve.

934—Asparagus.

Cast loose the bunches after cutting off the lower half of the stalks, wash, cut off the scales if there are any on the parts to be used and tie again in bunches so that the stalks will stand upright in a saucepan. Fill with boiling water, leaving the tips just out of water. Boil 15 min. and add more boiling water to cover tips. Boil 5 min. longer. Drain, cast loose the bunches again and lay the asparagus on hot buttered toast, pouring melted butter over them just before serving.

935—Roast Potatoes.

Pare and wash potatoes, boil them 10 min., drain and place them in roasting pan for the last 40 min. of

cooking roast, and spooning the fat in the pan over them at the same intervals as over the meat.

942—Beets.

Wash and cook whole in boiling water until soft. This will take 1 to 4 hrs., depending on the age and size of the beets. Drain, put in cold water to loosen skins, remove skin, cut in slices and heat again in a saucepan with butter, salt and pepper to taste.

943—Brussels Sprouts.

Wash, remove wilted leaves and soak in cold water for 15 min. Cook in boiling, salted water 20 min. or until soft enough to pierce with a fork. Drain, and to each pint of sprouts add 1 cup White Sauce (Recipe No. 1113), or serve plain with butter, salt and pepper to taste.

944—Cabbage.

Remove outside leaves, cut in quarters and cut out the center stalk. Cut the head in quarters and soak 30 min. in cold water before cooking. To a kettle full of boiling water add 1 tablespoon salt and $\frac{1}{3}$ teaspoon soda. Boil 30 min. to 1 hr., depending on size of cabbage. To prevent the unpleasant odor usually emanating from cooking cabbage place several thicknesses of newspaper over the top of the pot and the cover over that. The paper will absorb the steam and the smell. When cabbage is cooked chop it up fine and season with butter, salt and pepper to taste. Cabbage is usually served with corned beef. If being served without corned beef it may be mixed with White Sauce (Recipe No. 1113) after being chopped.

945—Carrots.

Wash, scrape with a sharp knife and cut up the carrots in small pieces and boil in salted water 20 to 25 min. or until soft. Drain and season with butter, salt and pepper to taste. Carrots are good mixed with canned or green peas.

946—Cauliflower.

Remove leaves, cut off stalk and soak head down in cold water 30 min. before cooking. Cook 20 min. or until soft in boiling, salted water, with the head up. Drain off the water and heat again in White Sauce (Recipe No. 1113). The average size cauliflower will require 2 cups white sauce.

947—Celery.

Wash and scrape the stalks to remove the fibres. Cut off the roots, and the branches below the leaves, and cut the remainder in 1 in. lengths. Boil 20 min. or until soft in salted water; drain and mix with White Sauce (Recipe No. 1113), using 1 cup of sauce to 2 cups of celery. Alternate way is to drain and season with butter, salt and pepper to taste.

948—Boiled Onions.

Put onions in cold water and remove skins in the water, then put them in boiling salted water. Cook 1 hr. or until soft. Drain and put back on the stove with enough milk to cover the bottom of the pan. Cook 5 min. and add butter, salt and pepper to taste. An alternate way of serving is to heat the onions in White Sauce (Recipe No. 1113) after they have been boiled and drained.

949—Fried Eggplant.

Cut eggplant in thick slices and pare the rind. Soak in cold salt water for 30 min. before cooking. Sprinkle slices with pepper and salt after draining, roll them in flour and fry in a frying pan, in which is 1 tablespoon melted butter, until brown.

CEREALS

The longer cereals are allowed to cook the better they are. The times for cooking cereals given in the following recipes are the minimum times required. Left over cereal may be moistened with water and heated again the next day and is equally palatable and wholesome.

1001—Corn Meal Mush.

Put $3\frac{1}{2}$ cups boiling water and 1 teaspoon salt in the upper half of a double boiler, set directly over flame and pour in 1 cup corn meal while stirring rapidly to prevent scorching. Allow to boil vigorously 10 min., stirring constantly, then place the saucepan over the lower half of the double boiler in which there is boiling water and cook 2 hrs. covered, without stirring. Serve with syrup or molasses.

1002—Hominy.

Cook exactly as directed for Corn Meal Mush (Recipe No. 1001) except that 1 cup hominy requires 4 cups water.

1003—Oatmeal or Rolled Oats.

Put 4 cups boiling water and 1 teaspoon salt in the upper half of a double boiler, set directly over

flame and pour in 1 cup oatmeal or rolled oats while stirring rapidly to prevent scorching. Allow to boil vigorously 5 min., stirring constantly, then place saucepan over lower half of the double boiler in which there is boiling water and cook 4 hrs., covered, without stirring. If a coal range is used the oatmeal may cook overnight on the back of the stove.

1004—Wheatena.

Cook exactly as directed for Oatmeal (Recipe No. 1003).

DRESSINGS, SAUCES AND GRAVIES

1101—French Dressing.

An old Spanish proverb tells exactly how to mix a French dressing for salad: "A prodigal with the oil, a miser with the vinegar and a philosopher with the salt." To translate this into more specific terms the ingredients should be $\frac{2}{3}$ cup olive oil (Wesson oil will do if pure olive oil is not available), $\frac{1}{3}$ cup vinegar, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{4}$ teaspoon dry mustard and $1\frac{1}{4}$ teaspoons salt. Be very exact about the measurements. As you probably do not own a cocktail shaker, and would not use it for mixing salad dressing if you do, mix the ingredients in an ordinary preserve jar, the kind that has a glass top, rubber gasket and fastener. Put all ingredients in the jar, put the jar on ice for a couple of hours and then "shake well before using." If all is not used the remainder will keep in the icebox until needed.

1102—Mayonnaise Dressing.

This dressing may be purchased in jars. It is trick stuff to make and should only be attempted by professionals with high batting averages. Like home brew, the temperature must be exactly right in the making. As the writer is incapable of making a Mayonnaise dressing come out right, he will quote the recipe from "Better Meals for Less Money," written by a lady who has been more successful. Then the reader can while away long afternoons by crawling into the icebox and experimenting with mixing mayonnaise. When he emerges it is etiquette for the rest of the crew to bind and gag him before any damage is done.

- Yolk of 1 egg
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon powdered sugar
- 1 teaspoon mustard
- $\frac{1}{2}$ teaspoon paprika
- 1 cup salad oil
- 2 tablespoons vinegar
- 1 tablespoon lemon juice

Beat the egg yolk; add the seasonings; add oil, a few drops at a time, until mixture thickens; mix vinegar and lemon juice, and add in small quantities, alternating with the oil; as the oil thickens the dressing, dilute with the acid, leaving the finished dressing thick. It is important to have ingredients and utensils cold. Now you try it!

1103—Cream Sauce.

Same as White Sauce (Recipe No. 1113), substituting cream for milk to make the sauce richer.

1104—Chocolate Sauce.

Unsweetened chocolate is marked off in squares when it is moulded. Melt 1 square in a saucepan, add 1 tablespoon butter and add gradually $\frac{1}{3}$ cup boiling water while stirring. When mixture is boiling add 1 cup sugar and boil 5 min. Take off stove and add $\frac{1}{2}$ teaspoon vanilla extract, stirring well, then serve. If sweet chocolate is used omit the sugar, using about 2 oz. chocolate.

1105—Gravy.

After meat is roasted and removed from pan, remove all but 4 tablespoons of fat in the pan. Place pan on hot part of stove, add 4 tablespoons flour and stir until mixture is brown. Then add $1\frac{1}{2}$ cups boiling water gradually, stirring. Cook 5 min. and season to taste with salt, pepper and a little Worcestershire. It is desirable to pour gravy through strainer before serving.

1106—Stuffing.

For stuffing duck	See Recipe No. 401
“ “ goose	“ “ No. 402
“ “ chicken	“ “ No. 624
“ “ roast pork	“ “ No. 639

1108—Vanilla Sauce.

Mix $\frac{1}{2}$ cup sugar with $1\frac{1}{2}$ tablespoons flour, add 1 cup boiling water gradually while stirring. Boil vigorously 5 min., remove from stove, add 2 tablespoons butter, 1 teaspoon vanilla extract and serve. This sauce may be used on hot gingerbread (Recipe No. 6), cake (Recipe No. 8), bread pudding (Recipe

No. 103), Indian pudding (Recipe No. 104), or on apple sauce (Recipe No. 101).

1109—Hard Sauce.

Stir $\frac{1}{4}$ cup butter in a mixing bowl rapidly until it becomes creamy, add gradually 1 cup powdered sugar and 1 teaspoon milk. Beat with a spoon until the sauce becomes even in texture and light, then add 1 teaspoon vanilla, beat long enough to mix it thoroughly, sprinkle with nutmeg and place on ice till ready to serve. Serve with Indian pudding (Recipe No. 104).

1110—Egg Sauce.

Add to White Sauce (Recipe No. 1113) 1 chopped hard-boiled egg to each cup of sauce. Serve on boiled fish.

1111—Tomato Sauce.

Melt 3 tablespoons butter with 3 tablespoons flour, well stirred, and add $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. To this add $\frac{1}{2}$ can tomatoes which have been cooked in a saucepan 15 min. with a slice of onion and pressed through a strainer. Serve with pork chops or other meat as desired.

1112—Tartar Sauce.

Mix 1 tablespoon vinegar, 1 teaspoon lemon juice, $\frac{1}{4}$ teaspoon salt and 1 tablespoon Worcestershire sauce and heat in a double boiler. Melt $\frac{1}{3}$ cup butter separately, cook till brown and pour through a strainer into first mixture, stir well and serve with scallops or fish.

1113—White Sauce.

Melt in a saucepan 2 tablespoons butter, stir well and add gradually $1\frac{1}{2}$ tablespoons flour which has been thoroughly mixed with $\frac{1}{4}$ teaspoon salt and a pinch of pepper. Stir constantly and add gradually 1 cup very hot milk. When boiling point is reached boil sauce 2 min. and serve. If a richer sauce is desired substitute cream for milk.

1114—Hollandaise Sauce.

- 2 yolks of eggs
- $\frac{1}{4}$ cup butter
- pinch of salt
- 1 tablespoon lemon juice ($\frac{1}{2}$ lemon)
- 1 teaspoon flour
- $\frac{1}{2}$ cup boiling water

Mix egg yolks, flour and butter and stir them well for fifteen minutes. Then add salt and lemon juice and the boiling water. Water must be boiling vigorously while being poured in and must be added slowly. Have a double boiler on the stove under which the water is already boiling and pour in the mixture, stirring the while. The proper consistency will be reached in approximately thirty seconds of stirring. Remove at once and set aside off the stove until ready to serve.

BEVERAGES**1201—Chocolate.**

Heat 3 cups milk almost to boiling point (1 small can evaporated milk mixed with 2 cups water may

be substituted). Melt $1\frac{1}{2}$ squares ($1\frac{1}{2}$ oz.) unsweetened chocolate separately, adding to it $\frac{1}{4}$ cup sugar and while stirring add gradually 1 cup boiling water. Boil 5 min. in double boiler, add to the milk and serve. If sweet chocolate is used omit the sugar.

1202—Cocoa.

Mix $1\frac{1}{2}$ tablespoons cocoa with 2 tablespoons sugar and a pinch of salt. Add $\frac{1}{2}$ cup boiling water and stir till mixture becomes a smooth paste. Add $1\frac{1}{2}$ cups boiling water, stir, then boil in double boiler 5 min. Heat separately 2 cups milk (evaporated milk diluted will do) almost to boiling point and add other mixture to it. Beat with an egg beater and serve.

1203—Coffee.

Buy coffee that is thoroughly roasted and ground very fine, the finer the better. Put in the coffee pot 1 heaping tablespoon coffee for each cup of water, and then put in 1 extra cupful water. Use cold water. Put the pot over the flame and bring to boiling point as fast as possible. Boil 1 min. and set the pot back to simmer. When ready to serve run a dash of cold water down the spout of the coffee pot and put a couple of egg shells, if available, in the pot. Pour through a strainer into the cups. The longer the coffee sits after it has been boiled the stronger it will be. Never boil longer than 1 min. and never use old coffee grounds over again.

1204—Tea.

Put one teaspoon of tea for each cup desired in a dry teapot. Pour into it water that is boiling vigor-

ously which has been heated in a separate utensil. Allow tea to stand a couple of minutes or until desired strength is reached. Never boil tea or use tea leaves more than once.

Note : In preparing the recipes included in Part II suggestions have been obtained from the following cook books, to the authors of which grateful acknowledgment is hereby made :

Royal Baking Powder Cook Book
365 Breakfast Dishes
Better Meals for Less Money
Boston Cooking School Cook Book.

PART III—SUPPLIES AND LISTS

STORAGE OF SUPPLIES AFLOAT

This part of the Galley Guide has been compiled for the purpose of reminding the skipper what should be aboard his vessel when starting a cruise. Most men who cruise regularly have prepared their own lists of food and consumable stores. The General List of Stores will be particularly valuable to men who have never before equipped for a cruise.

The list of galley equipment looks formidable, but actually takes up surprisingly little room. Bowls, pots, kettles and frying pans may be nested and the smaller items may all be stowed in one drawer. The flour sifter, which is necessary in mixing evenly all powdered ingredients, may be kept in the container with the flour. The garbage bucket may be secured by a lanyard to a handy bulkhead. The entire galley equipment listed can be stowed sufficiently compactly to be appropriate for a boat as small as twenty-eight feet. There is nothing included which will not be needed in preparing the recipes offered in the Galley Guide.

The Food List is complete. In preparing for a cruise the cook should make up a list of menus and check the ingredients against the food list in order that nothing may be forgotten, also that supplies which will not actually be used will not be included to take up valuable space.

System in stowing supplies saves much work in preparing meals. Experience has dictated the best places and methods for keeping various foodstuffs in good condition, as indicated herewith:

Canned Goods.

In transom lockers, similar classes of food grouped together for convenience in breaking out, stowed label up so that each variety may be easily found.

Dry Vegetables.

Corn meal, dried beans, pastry flour, cereals, cocoa, tea, coffee, baking powder, soap powder, macaroni, rice, etc., should be placed in glass preserve jars with clamp tops and gaskets and each marked on a gummed label. All dry and powdered stores are damaged by dampness unless kept in airtight containers. The jars should be placed on a strong shelf high up on a partition or bulkhead of a size to hold a dozen jars, whether all are filled or not. A batten across the front will keep them in place. If the shelf fits the jars they will neither shift nor break, and, being of glass, will enable the cook to see at a glance when he is running low on supplies.

Salt.

A small wooden box should be secured above the stove in the warmest place possible where the cook can dip his spoon into it handily. The store of salt should be kept in one of the airtight glass jars and the box replenished with small amounts

as necessary. Salt kept in shakers or open receptacles, unless in a warm place, always hardens.

Matches.

Matches should be kept in one of the glass jars.

Flour and Sugar.

Ordinary flour and sugar are used for so many purposes and in such quantity that receptacles larger than quart jars are necessary. Metal cans with close-fitting hinged tops can be procured at any hardware store. These should be kept in a locker clear of bilge water. A good place on most boats is the cupboard under the galley sink on a shelf placed as high as the size of the cans permit.

Green Vegetables.

Weather conditions permitting, spinach, cauliflower, green peas, string beans, corn and other green vegetables should be kept in an open crate secured on deck. In order to keep fresh they must have a circulation of air until used. An ordinary fruit crate with a top is ideal.

Spices.

Pepper, mustard, cinnamon, paprika, ginger, poultry seasoning, etc., are available in small cans of uniform size. A small shelf similar to the one provided for the stowage of dry vegetables in jars should be erected.

Bottles.

Worcestershire sauce, catsup, maple syrup, vanilla, lemon extract and certain other necessary

supplies are usually obtainable only in bottles. Bottles may be stowed safely in transom lockers if laid on thick newspapers with a layer of papers between tiers.

Bread.

Bread, cake, pilot crackers, etc., should be stowed in a regular metal bread box with a cover, unless a thoroughly dry built-in locker with a door is available. On very small craft where there is no space for a bread box the oven may serve as a bread box between cooking operations.

Milk.

With evaporated milk and cream available in cans, not many men bother with fresh milk and cream. If bottled milk is carried it should be stowed upright in the bottom of the icebox. In the absence of an icebox, if cruising in cold waters it will keep if stowed against the side of the vessel below the waterline, forward of the bilge water.

Butter.

Butter in five-pound wooden firkins will keep a long time if stowed the same as milk, described above.

Meat.

Fresh meat of all kinds should be kept in the icebox. Canned meat should be removed from the can as soon as opened. If there is no icebox, or if out of ice, the meat should be placed against the side of the vessel below the waterline well forward

of the bilge water, and after sundown should be kept on deck.

Left-overs.

All left-over food should be placed in the icebox or the coolest place available, particularly bacon fat or other cooking fat. Canned milk should be removed from the can as soon as air is admitted to it. Left-over food of all kinds should be placed in bowls or cups and stowed so that they will not shift.

GENERAL LIST OF MARINE STORES AND EQUIPMENT

NOTE: This list was prepared to check against when equipping for a cruise. Many items are included which would not be required on the average summer cruise, which may, however, serve as reminders to those equipping for long passages far from shore facilities. It has been impossible, owing to the great divergence in size and type of boats to mention appropriate sizes or quantities of items. Where a quantity is mentioned after an item it is to be considered the minimum desirable. All small metal parts, nuts, screws, etc., should be placed in screw top cans filled with oil and marked with contents. If the cans are tight they can be safely stowed in the bilge.

REMINDER: If equipping for a cruise which involves carrying supplies or equipment in excess of the usual amount of metal aboard, determine the compass error caused by the additional metal before

shoving off. The compass should be corrected only after everything is permanently stowed.

BOATSWAIN'S DEPARTMENT

1. Equipment.

- Bilge pump
- Boat hook
- Brushes, paint
- Bucket
- Cotton, sail
- Ensign
- Kerosene
- Lights, running
- Life preservers
- Marine glue
- Marline
- Oak, 1 piece, spare
- Paints, all varieties used aboard
- Pennants
- Pine, 1 piece, spare
- Pump washers
- Putty
- Sandpaper
- Steel wool
- Swab
- Varnish
- Wax, sewing

2. Small Boat Equipment.

- Compass
- Bread breaker, filled
- Oars
- Oarlocks
- Ring buoy, small, with line
- Water breaker, filled
- Matches in water-proof case

3. Spares.

Anchor
Anchor rode
Boat nails, assorted sizes
Blocks, assorted sizes
Bolts, assorted
Brass screws, assorted
Canvas, weight of sails
Eye bolts, deck
Leather for chafing gear
Oars
Oarlocks, 2 pair
Rigging clamps
Rope for running rigging
Sails
Shackles, assorted sizes
Steering cable
Thimbles, assorted sizes
Turnbuckles
Wire
Wire rigging
Withe for masthead

4. Tools.

Brace
Bit, adjustable
Chisels
Fid
Flashlight
Gimlet
Hack saw
Hammer, carpenter's
Hatchet
Knife
Needles, sail
Palm

Tools—continued

Plane
Pliers
Saw
Scrapers
Screwdrivers, 2 sizes
Spike, marline
Spike, wire splicing
Square
Stone

CABIN EQUIPMENT

Blankets
Broom
Brush
Dust pan
Fire extinguisher
Lamps
Lamp wicks
Laundry bags
Lock and keys
Pillow cases
Sheets
Spare bulbs for electric lights
Toilet paper
Towels

ENGINE DEPARTMENT**1. Supplies.**

Brass polish
Brass key stock, sizes used
Brown soap for gas leaks
Copper wire, heavy and light
Cotter pins, assorted
Cotton waste
Cup grease

Distilled battery water
Dry cells
Fire extinguishers
Fire extinguisher refills
Fuel
Flashlight batteries, spare
Gasket material, asbestos
Gasket material, paper
Hack saw blades
Hand cleaner
Lock washers, assorted
Lubricating oil
Orange shellac for gaskets
Pump packing
Rivets and washers, assorted
Solder and flux
Sheet copper, 1 piece
Smooth-On
Spare 5-gal. cans, filled
Steel wire
Stuffing box packing
Tape, tire
Terminal clips
Wire, high tension
Wire, low tension
Wire, lighting circuit

2. Spare Parts.

Atwater-Kent parts:
Trip triggers, 2
Points, 2 sets
Trigger springs, 2
Bolts, assorted sizes used
Cap screws, assorted
Copper gaskets for cyl. head
Copper gaskets for valve caps
Connecting rod bearings, 2

Spare Parts—continued

Exhaust valve assembly complete
Fuses, generator, 2
Fuses, lighting circuit, 2
Gasoline unions, 2
Generator brushes
Hose
Inlet valve assembly complete
Magneto parts:
 Breaker points, 2 sets
 Breaker springs, 2
 Condenser, 1
Make and Break ignition parts:
 Igniter body complete
 Mica insulation washers
 Points, 2 sets
 Spring, 1
 Tripper, 1
Machine screws, assorted
Main bearings, 2
Nuts, assorted sizes used
Pet cocks, 2
Piping, copper, gas line, spare
Piping, copper, oil line, spare
Piston rings
Reverse gear expansion arm
Reverse gear adjustment latch
Shim stock
Shut off, gas line, 1
Valve cap
Valve stem keys and washers, 6
Woodruff keys, sizes used
Wrist pin complete

3. Tools.

Ammeter
Breast drill

Cape chisel
Center punch
Cold chisel
Cotter pin tool
Cutting pliers
Drift, bronze
Drills, standard set
Files, flat
Files, round
Files, three-cornered, small
Funnels, oil and gas
Gas tank measure
Grease gun (reverse gear)
Hack saw frame
Mammer, ball pein
Hydrometer, battery
Magneto wrench
Monkey wrenches, 2 sizes
Open end S wrenches, complete set
Pliers, gas
Screwdrivers, 3 sizes
Spark plug wrench
Socket wrench (if specially needed)
Soldering iron
Stillson wrenches, large and small, 2
Torch, plumber's
Vise

GALLEY DEPARTMENT

1. Equipment.

Baking pans, 2 (for bread and cake)
Board for rolling pastry or chopping meat
Cake turner
Can opener
Carving knife and fork

Equipment—continued

Cleaning cloths
Coffee pot
Cooking spoons, 2, large
Corkscrew and bottle opener combined
Dish mop
Dish towels (highly consumable)
Dish pan (if no sink for washing dishes)
Double boiler, 1, large size
Egg beater
Fire extinguisher
Flour sifter, small
Frying pans, 2 sizes
Garbage bucket with cover
Ice pick
Ice tongs
Kettle, hot water
Mason jars, for matches, dry groceries, etc.
Measuring spoons (3 small patented gadgets
for measuring small amounts)
Measuring cup (necessary in preparing
almost all recipes)
Milk jug (for stowing milk in icebox)
Milk pail, 2 qt. with cover (for bringing milk
aboard)
Mixing bowls, 3 sizes
Muffin pan with partitions (for biscuits, etc.)
Muffin rings, 6 (for poaching eggs)
Oven
Pots, 3 sizes
Potato masher
Roasting pan, large (for meat or fowl)
Rolling pin
Saucepan, small size
Soap rack (for making dish water soapy)
Stove

Steel wool (invaluable for cleaning pots and pans)
Strainer, small, for coffee and tea
Strainers, large, 2—1 coarse and 1 fine
Teapot
Trivet (wire rack to hold meat off bottom of roasting pan)
Vegetable knife
Whetstone

2. Supplies.

Ammonia
Bacon
Bread
Butter
Cereals
Cheese
Crackers
Canned fruit
Canned fish
Canned meats
Canned milk
Canned soups
Canned vegetables
Cleaning cloths
Dish towels
Dried fruits
Dry vegetables
Eggs
Fresh beverages
Fresh fish
Fresh fruit
Fresh meat
Fresh milk
Fresh vegetables
Fresh water
Groceries (coffee, tea, sugar, etc.)

Supplies—continued

Ice
Kerosene
Matches
Olive oil
Potatoes
Preserves
Salt
Salt meat
Seasonings
Soap
Spices
Steel wool
Stove fuel
Stove polish
Syrup
Vinegar

GOVERNMENT EQUIPMENT

Lights prescribed by Law
Fog horn
Whistle
Ship's bell
Life jacket for each person carried
Pilot Rules, 2 copies

MEDICAL SUPPLIES (Emergency)

Pills (both kinds)
Iodine
Iodine swabs, antiseptic
Adhesive plaster
Sterile gauze
Bandages
Epsom salts
Castor oil
Absorbent cotton
Scissors

Tweezers for splinters
Safety pins
Aspirin 5 grain tablets
Toothache gum
Oil of cloves

MISCELLANEOUS

Alarm clock
Ammunition
Fishing tackle
Firearms
Reading matter
Writing materials

NAVIGATING EQUIPMENT

Binoculars
Barometer
Charts
Coast Pilot (volumes to cover necessary waters)
Compass in lighted binnacle
Current tables
Dividers
Log, ship's
Log book
Lead and line, marked
Light List
Buoy List
Parallel rules
Protractor
Tide tables for current year
Stop watch
Pads and pencils

PERSONAL EQUIPMENT

Clothes
 Cap
 Oilskins and sou'wester
 Rubber boots
 Soap
 Shoes
 Sewing kit, buttons, etc.
 Tobacco
 Toilet paper
 Tooth paste
 Towels
 Toilet articles

LIST OF FOOD SUPPLIES

NOTE: This list has been compiled to serve as a reminder to the man provisioning for a cruise and in order to suggest a wider variety of diet when ordering supplies. It may be a help to the cruising man to select from the Galley Guide menus to cover several days, using the ingredients listed in the recipes selected as the basis of a list to be augmented from the following tabulation:

Beverages.

Chocolate
 Cocoa
 Coffee
 Ginger ale
 Milk
 Tea
 Water
 White Rock
 Straight

Breads.

Brown bread
Cake
Fancy crackers
Hard bread
Pilot crackers
White bread

Cleaning.

Ammonia
Bon-Ami
Dutch Cleanser
Gold Dust
Lye
Salt water soap
Sapolio
Saniflush (toilets)
Soap, plain

Canned Fish.

Clams
Finnan haddie
Lobster
Salmon
Sardines
Shredded codfish
Smoked herring
Tuna

Canned Fruits.

Apple sauce
Apples
Apricots
Cherries
Guavas
Peaches
Pears
Pineapples

Canned Meats.

Bacon (jars)
Boned chicken
Corned beef
Crippled beef
Devilled ham
Devilled chicken
Potted tongue
Mince meat
Smoked beef

Canned Milks.

Condensed milk
Evaporated milk
Evaporated cream

Canned Soups.

Bouillon
Bouillon cubes
Chicken
Chicken okra
Clam
Oxtail
Tomato
Vegetable

Canned Vegetables.

Asparagus
Baked beans
Corn
Corn on cob
Lima beans
Peas
Pumpkin
Spaghetti and tomato
String beans
Succotash
Squash
Tomatoes

Dried Fruits.

Apples
Apricots
Currants
Figs
Peaches
Prunes
Raisins

Groceries.

Baking powder
Barley
Butter
Canned milk
Catsup
Cheese
Chocolate
Coconut
Coffee
Corn meal, white
Corn meal, yellow
Cornstarch
Cream of Wheat
Crisco
Dried beans
Dried split peas
Eggs
Farina
Flour, white
Flour, buckwheat
Flour, pastry
Flour, prep. griddle cake
Flour, whole wheat
Gelatine
Hominy
Jell-o
Junket

Groceries—continued

Lard
Macaroni
Maple syrup
Matches
Mayonnaise
Molasses
Oatmeal
Olive oil
Onions
Pilot crackers
Potatoes
Rice
Soda
Sago
Spaghetti
Sugar, granulated
Sugar, lump
Sugar, powdered
Tapioca
Tea
Wheatena
Yeast

Fresh Fish.

Clams
Lobster
Oysters
Scallops
Fish, all kinds

Fresh Fruit.

Apples
Bananas
Berries in season
Cantaloupe
Grapefruit
Lemons

Oranges
Peaches
Pears
Pineapple
Plums
Watermelon

Fresh Meats.

Beef for stew
Fresh ham
Hamburger steak
Lamb, leg
Lamb, chop
Lamb, forequarter
Lamb, saddle
Steaks
Rib roast beef
Pork, loin
Pork, saddle
Veal, loin
Veal, saddle

Poultry.

Broilers
Chicken
Duck
Fowl
Goose
Turkey

Fresh Milk.

Milk
Cream

Fresh Vegetables.

Asparagus
Beets
Beet greens
Brussels sprouts

Fresh Vegetables—continued

Carrots
Cabbage
Cauliflower
Celery
Corn
Eggplant
Lettuce
Onions
Parsley
Parsnips
Peas
Potatoes
Pumpkin
String beans
Spinach
Squash
Sweet potatoes
Tomatoes
Turnips

Preserves.

Blackberry
Damson
Gooseberry
Guava
Orange marmalade
Plum and Apple (1)
Raspberry
Strawberry

Salt Meat.

Bacon
Ham
Salt beef
Salt pork

Seasonings.

Bay leaf
Brand's AI sauce

Lemon extract
Poultry seasoning
Tomato catsup
Worcestershire sauce
Vanilla extract

Spices.

Allspice
Cinnamon
Cloves
Curry powder
Ginger
Mustard
Nutmeg
Paprika
Pepper
Sage
Salt
Thyme

PART IV—APPENDIX

THE FIRELESS COOKER

You don't know the advantages of a fireless cooker in a boat till you have tried one. Drop the hook at the end of a long day's run, tired, wet, hungry—no waiting for supper; it's cooked, ready to serve when you open the lid of the trick box, perhaps meat in one compartment, vegetables in another, and a pudding in a third, all piping hot, moist, appetizing. Or maybe you are plugging along, planning to sail all night to your destination after a start at dawn. A bit of a blow comes up in the afternoon; too much sea to keep pots on the stove with comfort; why worry? The fireless cooker is secure in its place. Open her up and serve that chicken stew and mashed potatoes in bowls.

Or suppose you put in at the anchorage of some friends and decide you want to take a crowd day sailing the next morning, be gone all day, and feed them well at noon. You don't want to give up the best sailing hours of the day to the lengthy preparation of a meal. The cook doesn't have to hit the deck so very much earlier than usual to get a fish chowder and a rice pudding into the fireless cooker while he is preparing breakfast.

For the benefit of the uninitiated (there cannot be many), a fireless cooker is nothing but an insulated box with one or more metal lined compart-

ments, or holes, into which fit the cooking pots or saucepans. There is a hinged, insulated lid provided with a valve over each hole to let the surplus steam out. Each cooker is provided with a number of flat stones the shape of the holes, a hook to handle them with when hot, and a thermometer mounted on a base to stand upright on the stones while they are being heated. The food is prepared for cooking in the usual manner, and is placed on the galley stove until it begins to cook vigorously, in the pot which fits in the cooker. The stones are likewise placed on the stove in turn, the thermometer placed on top and left there until the mercury reaches the number of degrees advised in the book of instructions which comes with the cooker for the particular dish being prepared. The stone is then placed in the cooker at the bottom of a hole, and the pot placed on top of it, the lid is clamped shut, and the cooker may be forgotten for hours, until the food is to be eaten.

A complete schedule of times and temperatures is furnished with each cooker, applying to all manner of foods. Even bread may be baked. The most convenient way to use the apparatus is to do all the cooking in the cool of the morning, or, if on a long coastwise cruise, when weather permits. The cooking for noon and evening meals can be done on the breakfast fire with a three-hole cooker, because divided saucepans may be obtained which fit three in a hole. Some dishes require a stone top and bottom, but most can be cooked with one stone. One of the many advantages of doing much of the cooking with one morning fire is that the cabin of a small boat is thus not superheated by the time the crew want to turn in.

The question will be asked, where do you carry a three-foot box in the galley of a small cruiser? Aboard *Tinker*, which is 28 ft. overall, a two-hole cooker is carried in the cockpit against the forward bulkhead on the starboard side, lashed securely to an awning stanchion. It is entirely out of the way, and apparently the insulation is sufficient for it to function properly even in the bracing air of Maine waters. Every new boat which is designed should have a space in the galley built in for a fireless cooker. A hinged dressed top could be installed above it. If space is limited a one-hole cooker is better than none at all. Without the legs with which most of them are provided for kitchen use ashore (the legs can be removed with a screwdriver), the dimensions of a single-hole cooker are about 14 in. x 14 in. x 20 in.

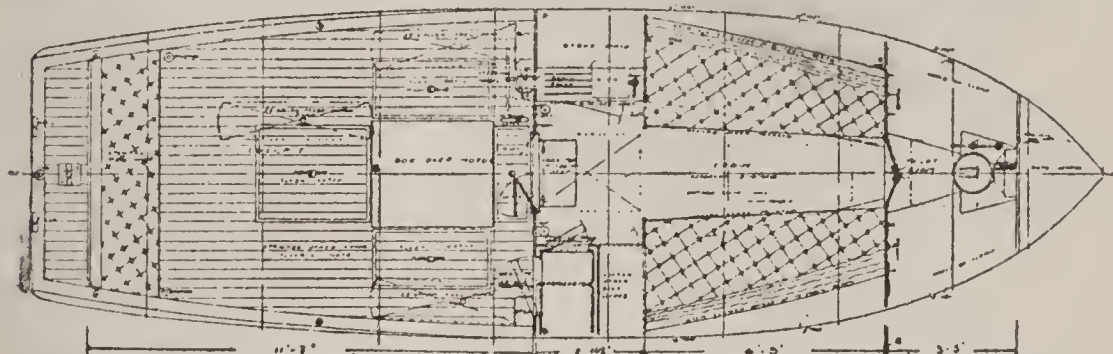
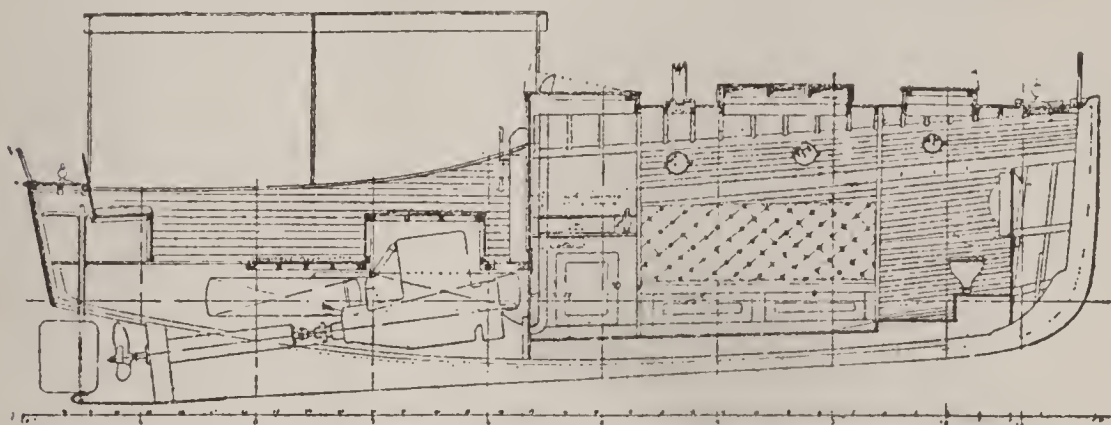
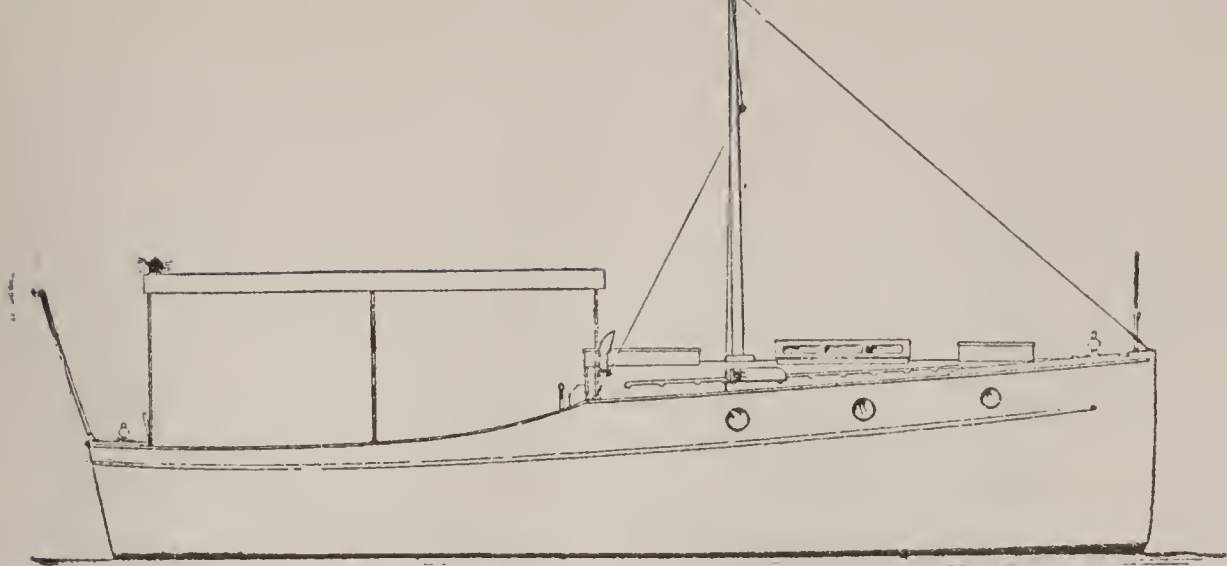
EQUIPMENT AND STOWAGE OF A SMALL CRUISER

A Few Remarks on Comfort as Obtained in
the Twenty-Eight-Foot Motor Cruiser *Tinker*

(Reprinted from *Motor Boat*, Sept. 10, 1922)

No two men will agree on what is necessary equipment for a small cruiser and what is junk. The subject is open to infinite discussion, but anyone who has had practical experience as master-owner of a small vessel will agree that equipment of any sort is a nuisance without proper stowage space. The equipment which I consider necessary to civilized cruising cannot be carried on the average small cruiser because of the absence of lockers, yet on so small a boat as a 28-footer there is ample room to stow twice the necessary equipment if space ordinarily wasted is utilized.

Tinker, named after the young mackerel of the Maine coast, is interesting not only as a stock boat but because of the ingenuity which has been used to devise in a conventional layout stowage space for an amount of equipment unheard of in a cruiser so small. Not only is the equipment out of the way and for the most part out of sight, but every item which can move in a seaway is secured in its place by chocks, or otherwise, and is instantly accessible when wanted. There is no clutter of articles stowed



PLANS OF "TINKER," THE STANDARDIZED 28-FT. CRUISER REFERRED TO IN MR. MOFFAT'S ARTICLE

Specifications

Length	28 ft. 0 in.	Forepeak length	2 ft. 0 in.
Beam	8 ft. 8 in.	Toilet length ..	4 ft. 0 in.
Draft	3 ft. 0 in.	Cabin length...	6 ft. 6 in.
Headroom		Galley length ..	4 ft. 0 in.
cabin	6 ft. 4 in.	Cockpit length	10 ft. 0 in.
Berths 6 ft. 4 in.x2 ft. 6 in.		Stern deck.....	1 ft. 6 in.

Power Plant: Fay & Bowen, LN 42, 4-cylinder, 4-cycle; bore, 4¼ in.; stroke, 5½ in.; wheel, 21 in. x 20 in.; 850 r.p.m.

“temporarily”; indeed, a casual inspection would lead one to believe that *Tinker* was equipped for day sailing rather than for a cruise to Florida.

The phrase “complete equipment” has been abused to such an extent that a purchaser can never know whether the term applies to the equipment required by the Government or whether it includes equipment actually necessary to cast off and cruise. All too often “complete equipment” consists only of Government equipment, binnacle, cushions, anchor, some china, some cutlery and the galley equipment. The bald statement that the purchaser will need to make no further outlay is too often a misrepresentation which fools the inexperienced and frequently convinces the victim that the game is too expensive for him. Finding out what he has to buy after he has bought his boat has soured many an enthusiastic novice.

The figure to which I was limited in purchasing a boat had to cover not only hull and engine but the equipment as well. To a convert to civilized cruising that meant every last thing needed for living afloat in shore comfort for an indefinite period, together with the navigating equipment necessary to pilot the vessel confidently on long coastwise cruises. Fortunately I had no illusions concerning the cost of equipping a boat. In a new boat the cruising equipment will generally be a quarter of the cost of hull and engine together. When I considered the sum available for the purchase of a successor to the *C. A. Dolliver*, I knew at once that the new boat must be small in order to leave margin for the purchase of equipment without which cruising is neither safe nor pleasant. I wanted a strictly one-man cruiser capable

of comfortable ferry service across Penobscot Bay in any weather, and equally capable of cruising in comfort by the inside route to the Gulf of Mexico.

It did not occur to me that I could afford a new boat, therefore I started optimistically inspecting second-hand boats within the price limit to permit indulging my theories on equipment. Now, from a 55-ft. schooner to a small motor cruiser is a jump requiring some mental gymnastics. Being a wind-jammer, the more motor boats I examined the more dismayed I became, finally coming to the conclusion that I must be a crank, in so many respects did my requirements differ from what apparently was considered usual practice in engine installation, head-room and ventilation. The combination of seaworthiness, comfort and accessibility, with living quarters untainted by engine, seemed never to have been attained in the same vessel. When an engine was installed beneath the cockpit floor it was either inaccessible or was reached by an opening in the cabin bulkhead, an arrangement with which I had had the usual smelly experience. Not one boat had sufficient icebox, locker space or provision for stowing suit cases in a dry place.

One day an advertisement in *Motor Boat* caught my eye. It pictured a 28-ft. stock cruiser built by Russell Gray at Thomaston, Maine, "completely equipped, ready to cast off and cruise." More because I was interested in another man's idea of complete equipment than because I thought that 28 ft. could encompass my requirements, I wrote for information. The specifications and blue prints which arrived a few days later embodied most of the ideas

(Continued on page 134)

CRUISING EQUIPMENT AND STOWAGE OF "TINKER"

Equipment marked * was furnished by owner; all other items are standard equipment on *Tinker*.

ITEM	STOWAGE SPACE
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Navigating Equipment

*5-lb. lead and line.....	Hang beside cabin steps.
*Aneroid barometer	Under cabin book shelf.
*Coast pilot.....	Cabin book shelf.
*Light and buoy list.....	Cabin book shelf.
*Tide tables	Cabin book shelf.
*Charts	Over battens bet. carlines.
*Binoculars (2).....	Rack inside companionway.
Binnacle and compass.....	On wheel box.
*Small compass.....	Under thwart in skiff.
*Stop watch.....	Hook inside companionway.
*Course protractors (2).....	With charts.
*Dividers	Cabin shelf.
*Log, pads and pencils.....	Cabin book shelf.

Deck Department

*Club pennants.....	Over battens bet. carlines.
*Private signal.....	Over battens bet. carlines.
Ensign	Over battens bet. carlines.
Anchors, 25 and 53 lbs.....	Chocks on forward deck.
Anchor cable, 30 fath.....	Forepeak.
Anchor cable, 20 fath.....	Forepeak.
Mooring lines (2).....	Eye-spliced on bitts.
Storm front curtain.....	Rolled under awning frame.
Boarding ladder.....	Under cockpit, aft hatch.
Life belts (6).....	Under cockpit, aft hatch.
Fire extinguishers (2).....	Engine and galley bulkheads.
Running lights.....	Hung from cockpit beams.
Bilge pump, hand.....	Hung from cockpit beams.
Fog horn	Corner chock, stern locker.
Fog bell	Bracket on main bulkhead.
Boat hook.....	Chocks on forward deck.
*Emergency tiller.....	Slung under deck, aft.
*Spare paints	Rack aft of water tank.
* $\frac{1}{2}$ coil $\frac{1}{2}$ " manila.....	Under cockpit hatch, aft.
Bucket	Chock under deck, aft.
*Can, 1 gal. (kerosene).....	Chock under deck, aft.
Swab	Under starb'd cockpit hatch.

- *FlashlightCorner chock, cabin shelf.
- Cockpit cushion.....Stern seat.
- *AxeOver starboard gas tank.
- Skiff (11 ft.) and oars.....Towed.

Engine Department

- *Spare engine parts.....Box under port cockpit hatch.
- Starting bar.....Over port gas tank.
- ToolsBox on engine bulkhead, port.
- *Portable vise.....Clamped to cockpit beam.
- *Bottle, battery water.....Corner chock, stern locker.
- *Can, 5 gal. (cyl. oil).....Chock under deck, aft.
- *Tachometer, Elgin.....Instrument board, bulkhead.
- *Motometer, Boyce.....Instrument board, bulkhead.
- AmmeterInstrument board, bulkhead.
- Oil pressure gauge.....Instrument board, bulkhead.
- Battery, 120 amp. hour.....Locker, step to cabin top.
- *Battery syringe.....Locker, step to cabin top.
- Starter and generator.....Part of engine.
- Electric lights (10).....Located as requested.

Cabin Equipment

- *Striking ship's clock.....Under cabin book shelf.
- BroomClip on galley bulkhead.
- DustpanLocker, companionway steps.
- BrushLocker, companionway steps.
- Whisk broom.....Locker, companionway steps.
- Table, cabin and cockpit....Erected in cabin, wings down.
- *Wind scoops and screens....Stern locker.
- First aid kit.....Shelf over wash basin.
- Stationery, marked.....Cabin shelf.
- Mattresses (4).....2 transoms, 2 pipe berths.
- Blankets, heavy (4).....Behind dropped pipe berths.
- Pillows (4).....Behind dropped pipe berths.
- Sheets (18).....Linen locker.
- Pillow slips (9).....Linen locker.
- Bath towels (18).....Linen locker.
- Hand towels (18).....Linen locker.
- Wash cloths (9).....Linen locker.
- Dish towels (9).....Linen locker.
- Table cloths (3).....Linen locker.
- Napkins (18).....Linen locker.
- *Laundry bags (2).....Hang in corner, toilet room.

THE GALLEY OUTFIT AND THE CONSUMABLE STORES

Cabin Equipment (Continued)

Knives, plated (6).....	Galley drawer, lower.
Forks, plated (6).....	Galley drawer, lower.
Tablespoons, plated (6)....	Galley drawer, lower.
Teaspoons, plated (6).....	Galley drawer, lower.
Tumblers (6).....	Rack in dish locker.
Plates (12).....	Partition in dish locker.
Soup plates (12).....	Partition in dish locker.
Saucers (12).....	Partition in dish locker.
Cups (6).....	Hooks in dish locker.
Vegetable dishes (2).....	Shelf in dish locker.
Platter (1).....	Shelf in dish locker.
Cream pitcher (1).....	Shelf in dish locker.
Sugar bowl (1).....	Shelf in dish locker.
Salt shaker (1).....	Shelf in dish locker.
Pepper shaker (1).....	Shelf in dish locker.

Galley Equipment

Mixing bowls (3).....	Galley cupboard.
Fry pan, large, alum. (1) ..	Galley cupboard.
Fry pan, small, alum. (1) ..	Galley cupboard.
*Baking pan (1).....	Galley cupboard.
*Biscuit pan (1).....	Galley cupboard.
Omelet pan, hinged, alu. (1) .	Galley cupboard.
Saucepans, aluminum (2) ...	Galley cupboard.
Kettle, aluminum (1).....	Galley cupboard.
Coffee pot, aluminum (1) ..	Galley cupboard.
Set knives (3).....	Galley drawer, upper.
Can opener and corkscrew..	Galley drawer, upper.
Cake turner.....	Galley drawer, upper.
Basting spoons (2).....	Galley drawer, upper.
Teaspoons (3).....	Galley drawer, upper.
Ice pick.....	Galley drawer, upper.
Measuring spoons (3).....	Galley drawer, upper.
Tea strainer.....	Galley drawer, lower.
Carving set.....	Galley drawer, lower.
Stove, Galley Kook Kit.....	Stove space.
*Oven, Galley Kook Kit.....	Stove space, beside stove.
Funnel and pump for stove.	Stove space, beside stove.
Dish mop.....	Hook over sink.
Whetstone	Galley drawer, upper.

Miscellaneous Equipment

*Oilskins (2 suits).....	Hooks in corner, toilet.
*Rubber boots (2 pairs).....	Hooks in corner, toilet.
*Shot gun.....	Rack over toilet door.
*Pistol.....	Holster on for'd bulkhead.
*Shells and cartridges.....	Cabin shelf.
*Fishing tackle.....	Between cabin carlines.
*Lloyd's Yacht Register.....	Cabin book shelf.
*Lloyd's Flag List.....	Cabin book shelf.

Personal Equipment of Party (4)

Toilet articles.....	Partitioned shelf, toilet.
Shore clothes.....	Hangers, toilet room, port.
Suit cases (4).....	Stern locker.
Cruising clothes.....	Hammock bags, cabin walls.

Consumable Stores

Gasoline (50 gals.).....	2 tanks under cockpit.
Fresh water (25 gals.).....	Tank under cockpit.
Ice (100 lbs.).....	Ice compartment, ice box.
Cotton waste (10 lbs.).....	Stern locker.
Brass polish.....	Locker, companionway step.
*Distilled water (1 qt.).....	Bottle for purpose.
*Hand cleaner.....	Galley cupboard.
*Gasoline, cooking (5 gals.)..	Can for purpose.
*Cyl. oil, engine (5 gals.)....	Can for purpose.
*Kerosene, lights (1 gal.)....	Can for purpose.
*Paints, 1 qt. of each used...	Cans for purpose.
*Soap powder.....	Galley cupboard.
*Cake soap.....	Wash basin and sink racks.
*Canned goods.....	Port transom locker.
*Fresh vegetables.....	Shelf in ice box.
*Meat.....	Shelf in ice box.
*Butter.....	Shelf in ice box.
*Milk.....	Shelf in ice box.
*Dry vegetables.....	Starboard transom locker.
*Bread.....	Oven.
*Tobacco.....	Cabin shelf.
*Toilet paper.....	Linen locker.
*Miscellaneous groceries.....	Shelves in ice box.
*Matches.....	Linen locker.

to which I was clinging so tenaciously. Mr. Gray's list of standard equipment tallied so closely with mine that hardly an item of importance except navigating equipment had to be added. Certainly it is the nearest thing to complete equipment which has yet been offered in a stock boat. I promptly placed my order for *Tinker*.

In defense of civilized cruising as compared with the more popular practice of roughing it, it seems to me that cruising is too constant a joy to be confused with the back to nature urge of camping. Take it from one who has tried both ways, cruising civilized is the more enduring. Life on a subchaser cured me forever of anything but the maximum comfort obtainable afloat. Perhaps the reason why so many people live on fried and canned food while cruising is because they have neglected the art of cookery, than which nothing is more fascinating. Fresh food baked, roasted or stewed is more healthful and offers a better variety. There is no reason why, weather permitting, people cruising should not live up to the same standards of cleanliness, comfort and variety they demand at home. I do not deny the special limitations imposed on trans-Atlantic passages in small boats or on long coastwise cruises, but deplore the conditions found aboard the average summer cruiser, which has no excuse for being in a perpetual mess below decks, particularly as almost every night sees the hook dropped in protected waters.

In the three respects which make possible living and cooking in comfort the Gray boat differs notably from the majority of power cruisers under 35 ft.: in accessibility, stowage space and equipment.

Accessibility has always meant to me not only

room to get at a thing handily, but air to breathe while working and plenty of light on the subject. Those unfortunates who have squeezed through a narrow hatch to an unventilated space, to find, when they had disposed themselves over the timbers, that the pipe connection which they were after was so located that there was no room to swing a wrench, will appreciate the get-at-ability of *Tinker*. The space beneath the cockpit floor is equipped with screw-fastened battens over the floors. There is not a foot of the bilges either beneath the cockpit or in the cabin that is not accessible for cleaning and painting. Likewise, every pipe connection aboard is so located that it can be reached without requiring the services of a contortionist, with plenty of room to swing a wrench. The engine box, 9 in. in height, is removable, as are the two hatches, 5 x 2 ft., on either side, and the large midship hatch in the center of the cockpit abaft the powerplant, which is 4 ft. square. The latter is directly above the inside stuffing box, which makes possible adjustment of the packing while under way, a convenience compared to laying out over a tide. The back of the cockpit seat hinges forward to permit instant access to the rudder port, quadrant and tiller line turnbuckles, or to ship the emergency tiller in the event of the lines parting. The advantage of the hinged back will be appreciated by the man who has kneeled on a stern seat fighting to lift out the kind of seat back which slides in grooves and must be lifted level to prevent jamming. In order to make the stowage spaces equally accessible by day or night electric light fixtures are located beneath the cockpit floor on each side of the engine, as well as in the galley, where they light the inside of

the icebox, linen locker and galley cupboard when the doors of these compartments are open. The stern locker is lighted by a dome light under the awning frame. Each lighting fixture is carefully placed so that light will not shine in the helmsman's eyes.

Not only in the matter of accessibility, but in the matter of utilizing space which is usually wasted, is the Gray boat out of the ordinary. There are certain items of equipment for which space is seldom provided in small cruisers, yet as these items are always taken on cruises, the cockpit or cabin is sacrificed to a clutter which it is perpetually necessary to move from place to place. These items are spare five-gallon cans, oilskins, shore clothes, suitcases, linen, laundry and cruising clothing which is not being worn. Neither the living space of the cabin nor the cockpit of *Tinker* is ever used as a depository for equipment or supplies. There is truly a place for everything and everything in its place. Of the items enumerated the five-gallon cans are carried in chocks on the floor of the stern locker under the after deck. Here there is also dry stowage for four suitcases or one steamer trunk, in addition to the other equipment regularly assigned to this locker. In it there is 104 cu. ft. of space, obtained by dropping the floor 16 in. below the level of the cockpit floor, and making the face of the stern seat a through bulkhead. The toilet room is sufficiently large and well ventilated to serve as a clothes locker. A rod for hangers is installed thwartships on each side of the door under the deck. Shore clothes are hung on the port side and oilers and rubber boots on the starboard. Lanyards lash the clothes against the bulkhead to keep them from chafing with the motion of the boat, a necessity dis-

covered by expensive experience. In the two forward corners of the toilet room are hung the laundry bags. Three grommets in the mouth of each bag hang from hooks in the corner and on each side to hold it open as a receptacle for soiled linen. Cruising clothes of the party are carried in two hammock bags 4 ft. long slung from hooks against the cabin sides under the deck. Being only 12 in. deep and opening along the top by unhooking the grommets, they do not interfere with the upper berths at all.

The equipment of *Tinker* is indicated in the appended tabulation. Perhaps it will serve to suggest items which might otherwise be forgotten to people who are discovering in their first cruisers the delights of cruising. I have been criticized for preferring linen to oilcloth tablecloths, paper napkins, paper towels and the absence of sheets and pillow slips, yet never have I heard a word of protest from anyone who has cruised with the civilized influences which, owing to my personal eccentricity, if you like, they have found in my boats. There is more fun and less work in having a boat at all times orderly and ship-shape, just as there is more enjoyment in a well cooked, varied diet, and comfortable, well appointed berths than there is in living in a perpetual mess with haphazard meals produced from cans or in a frying pan.

Now for a word about the detail without which all other advantages in a small cruiser, or a large one, lose their charm: screened ventilation. To obtain at all times sweet, untainted air in a motor cruiser the engine must not only be completely segregated from the cabin, but the engine space must be so ventilated by a passage of air that no smell of engine vapor

reaches the cockpit. This is accomplished in *Tinker* by the installation of the engine aft of a water-tight, vapor-proof bulkhead which separates it completely from the cabin. Two cowl ventilators erected above the cabin top carry a strong draft beneath the cockpit floor, which has its exit through a mushroom ventilator in the stern deck which is of greater area than the air inlet pipes combined. The engine itself, being completely enclosed, does not make much more vapor than is sucked from the crankcase by the carbureter intake. What vapor there is leaves by the stern and is only noticeable when the speed of the boat before the wind is the same as the velocity of the wind. The cabin obtains through ventilation by leaving the hatch over the toilet room, which is hinged on the after side, sufficiently open to cause a passage of air augmented by the scoops in the portlights. Every aperture in the cabin, including the companionway, is equipped with copper screens. No amount of mosquitoes can daunt *Tinker*.

There are various wrinkles in connection with gasoline feed and other mechanical details which are incorporated in *Tinker* which have no place in an article on equipment and stowage, but which contribute to safety, comfort and peace of mind.

After years of cruising the real joy of the sport comes from pride in acquired experience, and ability to explore new waters in confidence, free from the cares and annoyances of makeshifts of all sorts. *Tinker* is not the boat for long deep-sea cruises, but as a comfortable and mobile summer home for coast-wise explorations she leaves little to be desired. And she is an inexpensive stock boat!

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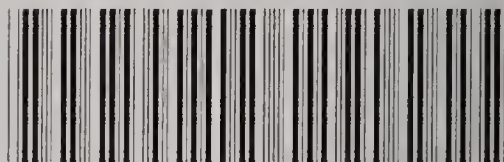
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